



One-Page Adaptive Discipline Reset

Use this page when the plan no longer fits the conditions. The goal is to make one deliberate adjustment without abandoning the real commitment.

1. What am I actually committed to?

2. What has changed?

3. What standard must stay?

4. What method can change?

5. Is this adjustment based on evidence or mainly on discomfort?

6. What is the next useful action?

7. When will I review whether the adjustment worked?

COMMITMENT STATEMENT

I am changing the method from _____ to _____
so I can remain aligned with _____.