



REMOVE NEGOTIATION

Non-Negotiable Routine Builder

Build a routine that survives low motivation. Every action gets a trigger, a minimum version, and a recovery rule.

THE
STANDARD

Make the minimum too clear to debate and too small to avoid.

ROUTINE ARCHITECTURE

Identity standard: The person I am becoming does...

Trigger: After I...

Action: I immediately...

Minimum: On hard days, I still complete...

Protection: I remove this friction...

Recovery: If I miss, my next action is...

My routine is a standard, not a preference. I execute it before I evaluate how I feel.

Signature / date



WEEKLY ROUTINE TRACKER

NON-NEGOTIABLE	MON	TUE	WED	THU	FRI	SAT	SUN
_____	[]	[]	[]	[]	[]	[]	[]
_____	[]	[]	[]	[]	[]	[]	[]
_____	[]	[]	[]	[]	[]	[]	[]
_____	[]	[]	[]	[]	[]	[]	[]
_____	[]	[]	[]	[]	[]	[]	[]
_____	[]	[]	[]	[]	[]	[]	[]

Where did I negotiate with myself?

What friction will I remove next week?

The standard I carry forward
