

WELCOME TO THE GRIND

You've just taken the first step.

This journal was built for me and for you- the student-athlete who shows up even when it's hard.
The one who puts in the work, on and off the court.
The one who knows that greatness doesn't start with a scoreboard, but with a mindset.

Inside these 90 days, you'll reflect, reset, and grow. You'll track your highs and lows. You'll meet your toughest competition: the grind within.

We're not here to be perfect.
We're here to be real.
To be better.
To keep going.

Jonathan Bahk
Founder & Author

HOW TO USE THIS JOURNAL

Each day, you'll fill out a Daily Reflection. Every seven days, you'll use a Weekly Reflection to check in on your progress.

This journal is a no-judgment zone. There's no one "right" way to use it.

Be yourself. Be honest. You might not fill out every part of every page, but that's okay.

Show up as you are, do your best, and trust the process.

Jonathan Bahk
Founder & Author

LETTER TO MY FUTURE SELF

Dear future me, here's where I want to be in sports and in life:

This is what excites me the most about the future:

I know there will be challenges along the way. Here's what I want to remember when things get tough:

No matter what, I will always:

DAILY REFLECTION

Date: _____

*"You don't have to be extreme, just consistent."
- Unknown*

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"You miss 100% of the shots you don't take"
- Wayne Gretzky

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"Hard work beats talent when talent doesn't work hard."
- Tim Notke

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing."

- Pelé

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"It is not whether you get knocked down; it's whether you get up."

- Vince Lombardi

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?

DAILY REFLECTION

Date: _____

"The only way to prove that you're a good sport is to lose."

- Ernie Banks

MY MOOD:



I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT (what went well?):

CHALLENGE I FACED (or something I struggled with):

RESET What's one thing I want to let go of or not carry into tomorrow?
