

THE QUICK GUIDE

POCKET PLAYBOOK • GYM BAG REFERENCE

HOW TO USE

1. PRINT THIS PAGE
2. FOLD IN HALF (TOP TO BOTTOM)
3. GYM BAG. SHOE LOCKER. CAR.

THE SIX RULES

NON-NEGOTIABLE • EVERY DAY

01 PHYSICAL REP

One non-negotiable rep. Finish it.

02 FILM

10 minutes. Write one correction.

03 PHONE CURFEW

10 p.m. Another room. Sleep matters.

04 HONEST CONVO

One conversation that takes courage.

05 FINISH THE REP

No "good enough." The rep ends finished.

06 CIRCLE CHECK

Sundays. Discipline or excuses?

THE SOLE LINES

ONE FOR EVERY CHAPTER

- 01 Respect the scoreboard. Then train what it exposed.
- 02 Real pain needs rest. Normal discomfort needs work.
- 03 Stop arguing with the film. Make better film.
- 04 Choose which voice gets to lead. Back it with action.
- 05 Discipline shows up Tuesday. Make sure you do too.
- 06 Hard means hard. It does not mean quit.
- 07 Your body remembers everything you do.
- 08 Confidence is earned. It comes from proof.
- 09 Pressure does not build you. It reveals what you built.
- 10 The ref didn't decide your game. Your preparation did.
- 11 Feelings are real. They do not dictate decisions.
- 12 The game does not reward the reps you didn't do.
- 13 The people around you shape you. Choose carefully.
- 14 Real loyalty holds people to a higher standard.
- 15 Respect is strength that does not need to prove itself.
- 16 Build a life you do not need to escape from.
- 17 The game ends. Life does not. Keep moving forward.

LEARN IT. FLUSH IT. NEXT PLAY.

SCRAPE IT OFF • LACE THEM UP • RUN THE NEXT PLAY

HIGH STANDARDS. NO EXCUSES.

From Chicken Sh!t for the Sole by Fritz Griffin • chickensole.com