

# **STILLNESS FOR MEN**

## **WORKBOOK**

**WEEK 6 — CULTIVATE**

**Building a Rhythm of Rest and Resolve**

## Anchor Reading

Consistency is stronger than intensity.

Stillness isn't an event—it's a lifestyle.

The habits you've built over the past weeks are the foundation of sustainable strength.

Discipline is not about doing more—it's about doing what matters with purpose and peace.

When you learn to live grounded, you stop reacting to life and start responding with clarity.

The goal isn't perfection—it's rhythm.

This week, focus on maintaining peace as your daily practice.

Stillness is no longer something you visit—it's something you live.

## Focus Prompts

1. What daily rhythm helps me stay grounded and consistent?
2. How can I build recovery into my schedule like training?
3. Who models the kind of peace and focus I want to maintain?
4. What boundaries protect my focus from noise or burnout?

## Internal Reflection

I'm realizing that peace isn't found—it's practiced.

It's in the way I start my day, the way I pause before reacting, the way I finish what I begin.

Stillness taught me that rest isn't a reward for finishing—it's the reason I can keep going.

When I guard my rhythm, I guard my purpose.

This isn't the end of the journey—it's the start of living it daily.

## Practice Builder

### Habit of the Week:

Establish a 10-minute morning or evening ritual of reflection—no screens, no noise, just review and reset your thoughts.

### Micro-Discipline Challenge:

End each day by identifying one thing that went well and one thing to improve tomorrow—then let it rest.

### Check-In Question:

Did I live with rhythm today or react to chaos?

## Closing Declaration

"I lead best when I'm grounded first."

In my own words, this week's declaration means:

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## Weekly Discipline Tracker

Day	Reflection/Reset Ritual Completed (Y/N)	Biggest Win Today	Peace Level (1-5)
Mon	■	_____	■ ■ ■ ■ ■
Tue	■	_____	■ ■ ■ ■ ■
Wed	■	_____	■ ■ ■ ■ ■
Thu	■	_____	■ ■ ■ ■ ■
Fri	■	_____	■ ■ ■ ■ ■
Sat	■	_____	■ ■ ■ ■ ■
Sun	■	_____	■ ■ ■ ■ ■

## End-of-Week Reflection

This week, I learned that leadership starts with rhythm.

Stillness is no longer a break from life—it's how I lead through it.

Peace is my anchor, consistency is my strength, and clarity is my reward.

This is the life I've been building—a steady, focused, grounded one.