

IAC

THE JOURNAL

One step forward every single day.

Ice Athletic Club LLC



WHY THIS EXISTS

I write in a journal every day.

I'm religious about it. Not because I like writing. Because it keeps me accountable to the one person who's actually watching, which is me.

Here's what months of filling one in taught me. I never skipped the short lines. I skipped every page that asked me for an essay. So there are no essays in here. Short lines, a checklist, and room at the bottom to be honest about the day.

That's how I built this one, and I built it for you. Five minutes a day, and nothing in it you'll want to skip.

Some days that bottom section will say the day was scattered. That's not a bad day on record, it's information, so write the fix and go again tomorrow.

Do this for two weeks and you'll have something most people never build. Proof, in your own handwriting, that you do what you say.

Anthony

How To Use This Page

About five minutes a day. Part of it in the morning, the rest at night.

MISS A DAY?

Leave it blank and fill in today. Don't go back and fake it. I never have two bad days in a row.

1 THE DATE MORNING

Write it first. A dated page is a day you showed up.

2 THE QUOTE MORNING

The first thing you read. One line to set the tone for the day, then get moving.

3 INSPIRE, CREATE, ELEVATE NIGHT

One line each. Inspire is what fired you up today. A video, a lift, a conversation. Create is what you made. Elevate is what you improved.

4 TODAY'S WORK MORNING

What has to get done today, six at most. Your session and your walk go on it like everything else. Check them off as you go.

5 STACK THE PROOF NIGHT

How the day actually went. What you kept your word on, and what you didn't. If you missed, write what happens tomorrow, not why it happened.

ONCE A WEEK

Flip back through your seven pages. Be honest about what slipped and write the fix. Ten minutes.



THE PLEDGE

I will fill in this page every day for fourteen days.

I will take one step forward every day. Small still counts.

I will never have two bad days in a row.

When the voice says start Monday, I will start today.

I will pull back when I need to, and I will not call it quitting.

I am doing this because

Nobody's checking. That's the point.

X
SIGNED

/ /
DATE

*"Nobody cares about your dreams
like you care about your dreams."*



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"It's always you versus you."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"One step forward every single day."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"I never have two bad days in a row."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

*"No one cares what you're doing, so
you might as well do what you want."*



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"Calm, cool, collected."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF



"Sometimes less is more."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

STACK THE PROOF

WEEK ONE RECAP

THE FIRST SEVEN

Seven pages. That's not progress yet, and it isn't supposed to be. One week doesn't change your body or your life. What it does is tell you the truth. You now know which days were easy, which day you almost skipped, and what got in the way when it did.

That's what this page is for. Not to grade the week. To read it. Flip back through your seven pages and find the one thing that kept knocking you off. Then write the fix, so next week it doesn't get to. I never have two bad days in a row. Same rule applies to weeks.

WHAT GOT IN THE WAY

HOW I FIX IT

NEXT WEEK I WILL

1. _____
2. _____
3. _____



*"I want to chase that version of myself
ten years from now that has no regrets."*



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"Make sure your purpose is powerful."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

_____/_____/_____
"One step back in order to take two steps forward."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

_____/_____/_____
"Yesterday was bad, and we're going to fix this."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

"All gas, no brakes."



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

*"You're not finishing a program.
You're building a standard."*



INSPIRE

CREATE

ELEVATE

TODAY'S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

“Ice in your veins isn’t something you have. It’s something you do, every day.”



INSPIRE

CREATE

ELEVATE

TODAY’S WORK

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

STACK THE PROOF

IAC

WEEK TWO RECAP

Day Fifteen

The first week runs on excitement. The second runs on something quieter. By now the page isn’t new and nobody’s asking how it’s going. You filled it in anyway. That’s the part worth noticing.

This is also when a voice shows up, and it doesn’t sound like quitting. It sounds reasonable. You’ve been working hard. You’ve earned a day. Start fresh Monday. It sounds like a friend, and it finishes in the same place doubt does, which is tomorrow not happening.

What You Keep

The trap is thinking two weeks was the point. It wasn’t. Fourteen pages is a record, and a record only means something if there’s a day fifteen. You’re not finishing a program. You’re building a standard.

Three things you keep doing tomorrow, with no page telling you to.

1. _____
2. _____
3. _____

The pages run out here. The standard doesn’t.

