



SPARTAN RESOLVE COACHING
FREE FIELD GUIDE / ACTION

7-DAY STARTER RESET

THE SPARTAN STARTER RESET

7 DAYS TO REBUILD MOMENTUM

One priority. One minimum standard. Seven days of evidence.



"You do not need another fresh start."

You need one useful action, then enough evidence to continue.

SPARTAN RESOLVE / FREE FIELD GUIDE



START HERE

THIS IS NOT A LIFE OVERHAUL

It is a seven-day proof-of-action experiment.

Most fresh starts fail because they ask too much, too quickly. New routine. New diet. New mindset. New career plan. Perfect mornings. Perfect evenings. Then real life arrives.

This guide takes the opposite approach. For seven days, you will choose one meaningful priority, protect one simple standard and collect evidence that you can follow through.

THE PROMISE

The aim is not to feel transformed by Day 7. The aim is to have proof that you can stop drifting and start moving.

THE THREE RULES

1

KEEP IT SMALL

A standard that survives a difficult day beats an ambitious plan that disappears.

2

DO SOMETHING

Reading is not completion. Every day ends with an action, decision or piece of evidence.

3

RETURN QUICKLY

If you miss something, continue. No dramatic restart. No waiting for Monday.

HOW TO USE THIS GUIDE

Use a pen, tablet or PDF annotation tool. The value is in what you decide and do - not in keeping the pages pristine.

TAKE STOCK

Before you move forward, see where you actually stand.

Give each area a quick score from 1-10. This is not a diagnosis or a judgement. It is simply a starting point.

Area	Score	What is True Right Now?
Mindset	/10	Focus, pressure, overthinking, follow-through
Health	/10	Energy, sleep, movement, food, recovery
Relationships	/10	Presence, communication, unresolved tension
Career & Direction	/10	Clarity, growth, work, money, future direction

WHICH AREA IS CREATING THE MOST DRAG RIGHT NOW?

IF THAT AREA IMPROVED, WHAT ELSE MIGHT BECOME EASIER?

CHOOSE THE REAL BATTLEFIELD

Do not choose the area that sounds most impressive. Choose the one that would reduce the most friction in your real life.



DAY 1 - ACTION

MAKE THE RESET REAL

Clarity only becomes useful when it produces movement.

Choose one action you can complete within the next 24 hours. It should be meaningful enough to matter and small enough that excuses become difficult.

MY 24-HOUR ACTION

WHEN WILL I DO IT?

USE THIS FILTER

VISIBLE

Will I be able to point to something that happened?

CONTROLLED

Is the action mainly within my control?

SMALL ENOUGH

Can I complete or begin it inside 24 hours?

DAY 1 PROOF

- ☐ I completed my starting scores.
- ☐ I chose my battlefield and one 24-hour action.

DAY 2

SET YOUR MINIMUM STANDARD

Build a floor before you build a ceiling.

A minimum standard is the smallest version of a useful behaviour you are willing to protect even when the day is inconvenient.

CONSISTENCY OVER INTENSITY

Your minimum should feel almost too easy on a good day. That is exactly why it has a chance of surviving a difficult one.

MAKE IT SPECIFIC

TOO VAGUE

Get healthier.

MINIMUM STANDARD

Walk for 15 minutes after work.

TOO BIG

Sort my career out.

MINIMUM STANDARD

Spend 15 focused minutes on one career action.

ALL OR NOTHING

Train every day.

MINIMUM STANDARD

Move for 10 minutes on any day I cannot complete the full session.

MY MINIMUM STANDARD FOR THE NEXT 7 DAYS

WHAT WOULD MAKE THIS EASIER TO KEEP ON A DIFFICULT DAY?

THE DIFFICULT-DAY TEST

If you cannot imagine yourself doing the minimum on a busy, low-energy day, reduce it again.



DAY 3

CHOOSE YOUR SPEAR

One thing to move forward. Not seven.

Your Spear is the one meaningful thing you will deliberately move this week. It attacks drift by creating a clear direction for your effort.

A GOOD SPEAR IS...

SPECIFIC

You know what movement looks like.

MEANINGFUL

It matters enough to deserve attention.

CONTROLLED

You can act even if somebody else controls the final outcome.

FINITE

This week has a clear next move, not an endless project.

MY SPEAR

THE NEXT VISIBLE MOVE

TODAY'S ACTION

Make contact with your Spear today. Ten useful minutes counts. The goal is to end zero contact.



DAY 4

PROTECT YOUR SHIELD

Progress is harder when you destroy the foundations beneath it.

Your Shield protects one behaviour, boundary or foundation while you move your Spear forward.

THE TWO QUESTIONS

The Spear asks: What am I moving? The Shield asks: What must I protect so I can keep moving?

WHAT COULD YOUR SHIELD PROTECT?

ENERGY

Sleep, meals, hydration, movement

ATTENTION

Focused time, reduced scrolling, fewer interruptions

RELATIONSHIPS

Presence, a boundary, time with someone important

RECOVERY

Downtime, breathing space, an evening cut-off

MY SHIELD

MY MINIMUM PROTECTION RULE

KEEP IT LIGHT

A Shield should protect your ability to continue - not become another complicated project.



DAY 5

REMOVE ONE PIECE OF FRICTION

Change the path before demanding more willpower.

Most behaviour has friction. Some actions are hard to start. Some unhelpful defaults are almost effortless. Today you change one of those conditions.

FOUR PLACES TO LOOK

PHYSICAL

Is the useful thing hidden, awkward or unprepared?

DIGITAL

Do notifications, apps or tabs make distraction too easy?

DECISION

Are you deciding the same thing again and again?

SOCIAL

Does an unclear boundary or expectation keep derailing you?

ONE USEFUL ACTION I WILL MAKE EASIER:
THE FRICTION I WILL REMOVE OR REDUCE:
ONE UNHELPFUL DEFAULT I WILL MAKE SLIGHTLY HARDER:
SMALL CHANGES COUNT

Examples: put trainers by the door; prepare tomorrow's lunch; move the distracting app off the home screen; decide the workout before the day begins.



DAY 6

THE DAY YOU DO NOT FEEL LIKE IT

Motivation is welcome. It is not required.

Today is deliberately about the ordinary, inconvenient version of you. The one who is tired, distracted, busy or simply not enthusiastic.

NO-ZERO THINKING

The test is not whether you can perform at your best. The test is whether you can keep contact with the standard.

USE THE FIVE-MINUTE IGNITION

1

NAME IT

"I do not feel like doing this."

2

REDUCE IT

Use the minimum version.

3

START 5

Commit to five minutes only.

4

DECIDE AGAIN

After five minutes, continue or stop deliberately.

5

COUNT THE REP

Action before motivation is evidence.

MY LOW-MOTIVATION REP TODAY

DO NOT CONFUSE DISCIPLINE WITH PUNISHMENT

If rest is genuinely the useful action because you are ill, injured or depleted, choose it deliberately. Discipline includes knowing what the system actually needs.



DAY 7

REVIEW THE EVIDENCE

Do not ask whether the week was perfect. Ask what it proved.

WHAT DID I ACTUALLY MOVE FORWARD?

WHICH MINIMUM STANDARD WAS EASIEST TO KEEP?

WHAT GOT IN THE WAY MOST OFTEN?

WHAT ONE CHANGE MADE ACTION EASIER?

WHAT DID I DO EVEN WHEN I DID NOT FEEL LIKE IT?

WHAT EVIDENCE DO I HAVE TODAY THAT I DID NOT HAVE 7 DAYS AGO?

DAY 7 - SCORE

YOUR 7-DAY PROOF SCORE

The score is not the result. The evidence is.

Give yourself the points only when the action genuinely happened. An honest 55 is more useful than a fictional 100.

Completed the Day 1 baseline	10 PTS
Defined a minimum standard	10 PTS
Chose a clear Spear	10 PTS
Protected a Shield	10 PTS
Removed one friction point	10 PTS
Took action on a low-motivation day	20 PTS
Completed the Day 7 evidence review	30 PTS

MY 7-DAY PROOF SCORE

/ 100

CONSISTENCY > PERFECTION

THE REAL SCORE

Keep the number, but pay more attention to the sentence you can now say about yourself that was harder to say seven days ago.



KEEP THIS

YOUR SPARTAN STARTER SYSTEM

One page. The pieces that earned their place.

This is the system you can repeat next week even if you do nothing else from this guide.

MY BATTLEFIELD

The area that deserves attention now.

MY MINIMUM STANDARD

The smallest useful behaviour I will protect.

MY SPEAR

The one thing I will move forward.

MY SHIELD

The foundation or boundary I will protect.

MY FRICTION CHANGE

The path I will make easier or harder.

MY RETURN RULE

What I will do after a miss instead of restarting.

START SMALL. BUILD EVIDENCE. KEEP MOVING.

You do not need to wait for another Monday to run this system again.



WHAT NEXT?

YOU HAVE STARTED. DO NOT START AGAIN.

Seven days gave you evidence. The next decision is what you do with it.

You identified where life is dragging. You chose a minimum standard. You moved one meaningful priority. You protected something important. You changed one piece of friction. And you acted without waiting for perfect motivation.

KEEP THE PROOF

That is already more useful than another dramatic plan you abandon after three days.

WHAT COULD CHANGE IN ANOTHER 83 DAYS?

The full 90-Day Spartan Reset takes the same principles deeper:

STABILISE

clarity, self-trust, Spear & Shield, a realistic weekly system

STRENGTHEN

health foundations, friction, standards, relationships under pressure

ADVANCE

courageous action, direction, resilience and your own operating system

NO PRESSURE

Not ready for 90 days? Repeat your Starter System for another week. The free guide still works on its own.



THE FULL JOURNEY

THE 90-DAY SPARTAN RESET

A structured self-led programme built to survive real life.

The Reset is not 90 days of motivational reading. It is a sequence of short lessons, decisions, field tests, weekly scores and milestone reviews.

PHASE I

DAYS 1-30

STABILISE

- The Battlefield
- Rebuild Self-Trust
- Spear & Shield
- The Spartan Week

PHASE II

DAYS 31-60

STRENGTHEN

- Strong Body, Calm Mind
- Remove Friction
- Standards Over Motivation
- Relationships & A.L.A.

PHASE III

DAYS 61-90

ADVANCE

- Courageous Action
- Direction & Purpose
- Resilience Under Pressure
- Become the System + Final Muster



SPARTAN RESOLVE COACHING
FREE FIELD GUIDE / COMPLETE

7 DAYS COMPLETE

YOU HAVE YOUR EVIDENCE.

NOW CHOOSE WHAT HAPPENS NEXT.

You can repeat the Starter System for another seven days, or continue into the complete 90-Day Spartan Reset and build a system designed to hold up when life gets demanding.

CONTINUE THE JOURNEY

90-DAY SPARTAN RESET

STABILISE > STRENGTHEN > ADVANCE

EXPLORE THE 90-DAY SPARTAN RESET

spartanresolvecoaching.com/90-day-spartan-reset/



"The strongest system is the one you can run without being watched."

Start small. Build consistency. Keep moving forward.