

MONTHLY MINDSET
A GOLDEN PATH



G IS FOR

GROWTH

— *Clarity Through Growth* —

You don't need more motivation.
You need more honesty.

JULY 2026 · A WORKBOOK BY DJ TJ

THE GROWTH AUDIT

01 WHERE YOU STAND

THE SETUP

This is a workbook, not something to scroll through. You're going to write in it, think about it, and probably call yourself out a few times. If you just read it and move on, you kind of missed the point.

Month 1 is all about getting brutally honest with yourself. Before you start chasing bigger goals, you need to know what you're actually working with.

You can fill it out right here, download it, or have it sent to you. I don't care how you do it. Since you're already here, don't skip the work.

This is Month 1. You can start here anytime – the modules don't expire. The arc builds on itself, so start at G regardless of when you join.

REALITY CHECK

Here's something I've noticed. Most of us aren't stuck because we're lazy or untalented. We're stuck because we're trying to build ten things at once.

It's usually not a skill problem. We already know how to do the work. The problem is we've got fifteen tabs open in our brains, and we call it ambition.

The brand. The content. The side hustle. The project that's been "almost finished" for six months. The relationship we've been meaning to invest in. The gym. The money. The list just keeps growing.

When everything feels important, nothing gets our full attention. So we stay busy. We make progress... kind of. Then we look around and wonder how someone with half our potential somehow keeps moving twice as fast.

That's what this month is really about. Not doing more. Figuring out what actually deserves our time, energy, and focus.

I was organized. I just wasn't **focused.**

Before we talk about growth, we've got to figure out what's actually getting in the way. Most of us skip that part. We assume we know the problem, so we jump straight to the solution.

"I need to post more."

"I need a better manager."

"I need to move cities." Maybe.

But half the time we're trying to fix the wrong thing. We spend months pouring energy into something that was never the bottleneck, while the thing that actually would've moved our life sits untouched.

FROM ME

This was me. I have a giant whiteboard, a corkboard covered in sticky notes, colour-coded systems, release dates, gig schedules... everything looked organized. If you walked into my crib, you'd probably think I had it all figured out. The funny part? I was organized. I just wasn't focused. When I finally got through some of these exercises myself, I realized I'd been optimizing for activity instead of impact. I wasn't missing a system. I was missing clarity. That's exactly why this month exists.

There are only three things we're trying to do this month.

Believe your situation can actually change.

Get honest about where you really are.

Focus on the one thing that would create the biggest ripple effect.

That's it. Everything below is designed to help you do exactly that. And one last thing... **put your phone in another room.**

THE BLUEPRINT

Each month has its own blueprint. For Growth, these are the three books that shaped the exercises you're about to work through. If you ever want to go deeper, they're absolutely worth the read.

Think of this as the curated version. Instead of asking you to read three full books before getting started, I pulled together the lessons, exercises, and frameworks that fit this month's theme — so you can spend more time doing the work than collecting information.

01 · BELIEVE

Creative Confidence

Kelley & Kelley

Creativity isn't a gift. It's a muscle. Most of us weren't born believing we couldn't build something — we learned it. The good news? We can unlearn it the same way. One small rep at a time.

02 · GET HONEST

Designing Your Life

Burnett & Evans

Before you try to fix your life, make sure you're fixing the right problem. Use the Life Dashboard to see where you actually stand, then separate what's fixable from the Gravity Problems that aren't.

03 · FOCUS

The ONE Thing

Keller & Papasan

One question drives this entire book: "What's the ONE thing I can do such that by doing it, everything else becomes easier or unnecessary?" Stop trying to move fifteen things. Find the first domino.

How they stack. *Creative Confidence helps you believe change is possible. Designing Your Life helps you get honest about where you are. The ONE Thing helps you decide what deserves your attention first. That's the system — believe, get honest, focus. Everything else in this workbook is built on those three ideas.*

04 THE AUDIT · FILL IT IN

THE WORK

Six exercises. Don't overthink them. Just answer honestly. Give yourself 45–60 minutes. One sitting is ideal, but if life gets in the way, chip away at it over the week.

This stays between you and the page. Nothing gets submitted or seen by anyone.



THE DASHBOARD

READ WHERE YOU ACTUALLY ARE · DESIGNING YOUR LIFE

Rate each area of your life right now, 0 to 10. Not where it was, not where you want it to be. Today. Mark the box.

HEALTH

body, mind, energy — how you actually feel day to day

0	1	2	3	4	5	6	7	8	9	10
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WORK

everything you do for output, paid or not

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

PLAY

things you do purely for joy, zero outcome attached

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

LOVE

people, connection, and how you treat yourself

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The area dragging everything else down right now

The area I keep deprioritizing because “I don't have time”

One honest line on why the lowest score is what it is

Most people score Work a 7 and Play a 2 and wonder why they feel dead inside. The dashboard doesn't lie. You do, to yourself, until you write it down.

02

THE GRAVITY SORT

STOP FIGHTING WHAT YOU CAN'T CHANGE · DESIGNING YOUR LIFE

List the 3 to 5 things you tell yourself are “the problem” right now. All of them. Then mark each one: **Actionable** (you can do something about it) or **Gravity** (a fact of the world you can't move).

THE REAL COMPLAINT	ACTIONABLE / GRAVITY
1	<input type="checkbox"/> A <input type="checkbox"/> G
2	<input type="checkbox"/> A <input type="checkbox"/> G
3	<input type="checkbox"/> A <input type="checkbox"/> G
4	<input type="checkbox"/> A <input type="checkbox"/> G
5	<input type="checkbox"/> A <input type="checkbox"/> G

The GRAVITY problem I'm officially done fighting this month

The ACTIONABLE problem actually worth my energy

This one exercise is worth the whole month. Ambitious people spend years shadowboxing gravity and call it grinding.

03

THE FUEL CHECK

WHAT FEEDS YOU VS. WHAT DRAINS YOU · DESIGNING YOUR LIFE

Track what you do and how it actually hits you. Rate engagement 1-5, then mark whether it feeds (+) or drains (-) you.

ACTIVITY / TASK	1-5	FEEDS / DRAINS
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -
<hr/>		<input type="checkbox"/> + <input type="checkbox"/> -

The work that puts me in flow (time disappears, I come out energized)

The work that drains me even when I'm good at it

One thing I should be doing more of

One thing I should outsource, batch, or drop

“Good at it” and “energized by it” are not the same thing. The stuff you're skilled at but secretly hate is what's quietly burning you out. Build toward the flow. Design around the drain.

THE FRAME CHECK

JOB, CAREER, OR CALLING? · CREATIVE CONFIDENCE

Right now, the main work you do — you relate to it as a:

- JOB** — it pays, that's the deal, I clock out mentally
- CAREER** — I'm building toward something, I want the next level
- CALLING** — this means something beyond the money

No wrong answer. Just notice it. Then aim.

What am I genuinely **good at**?

What will people actually **pay me** for?

What feels like flow — the thing from Exercise 3 that feeds me?

Where those three overlap is your sweet spot. In one sentence, where do they overlap?

Money's easy to measure, which is why it makes most decisions by default. The work is giving weight to the other two without going broke. The overlap is where you stop having to choose.

NARROW TO ONE

You've got a dashboard, a clean list of what's worth your energy, a read on your fuel, and your sweet spot. Now aim all of it at one question.

“What's the ONE thing I can do in the next 90 days such that by doing it, everything else gets easier or unnecessary?”

Don't answer fast. A good answer is **big AND specific**. “Make more content” is a direction, not a domino.

“Finish and release the 5-track project that becomes my signature calling card” — that's a domino.

My ONE Thing this quarter

- It's BIG enough that completing it actually changes something.
- It's SPECIFIC enough that I'd know when it's done.
- If I did only this for 90 days, the rest of my list would shrink.

06

BLOCK IT

AN ANSWER YOU DON'T SCHEDULE IS A WISH · THE ONE THING

The things that matter in your work — gigs, drops, release dates — you protect that time. Give your ONE Thing the same respect.

The days I'll work my ONE Thing every week

My peak hours (before the inbox eats the morning)

It's in the calendar now.

The smallest possible first move I'll make in the next 48 hours

Done by

That's the green light. You don't need to feel ready. You start, and confidence shows up after.

05 DON'T DO IT ALONE

LOCK IN

The original plan was for me and the homies to meet once a month. We'd talk through our goals, be honest about where we dropped the ball, decide what mattered most for the next month, and keep each other accountable until we met again. That's the piece I don't want you to skip.

Find one person you trust. Not a group chat. **One person** who's actually willing to check in, call you out when you need it, and keep you moving.

My accountability buddy

I'll send them my ONE Thing by

WEEKLY · SMALL

5-minute check-in. Did I do what I said I was going to do this week? If not... what got in the way?

MONTHLY · BIG

Monthly reset. Sit down together. Walk through the workbook. What actually moved? What's your ONE Thing for next month?

WRITTEN COMMITMENT – MAKE IT OFFICIAL

This month I'm moving

My accountability buddy is

We'll check in every

DON'T HAVE YOUR PERSON YET?

No stress. Drop your email below and I'll check in halfway through the month. No newsletter. No spam. Just a reminder that someone else knows you're trying.

Email

06

SOLO SELF-CHECK

THE BULLSHIT METER

Before you move on to Ownership, call yourself out. Nobody else is watching. That's the whole point. Rate each one 1 to 5.

Did I actually fill this out, or did I just read it?

fronted

did the work

Was I honest on my dashboard, or did I tell myself what I wanted to hear?

told myself a story

told the truth

Did I stop fighting my Gravity Problems this month?

still wasting
energy

let it go

Did I actually block time and work on my ONE Thing?

thought about it

showed up

Did I lock in with someone, or did I stay comfortable and do it alone?

stayed comfortable

put it on the line

___ / 25 YOUR SCORE

Be Honest. Where did I fall short?

07 - O IS FOR OWNERSHIP

NEXT

You just did something most people avoid. You got honest with yourself. You figured out what's actually worth your energy, what isn't, and you chose the ONE thing that deserves your attention first. That's **Growth**.

Now comes the hard part. Next month is **O: Ownership** — where you stop letting your calendar, your inbox, and everyone else's priorities decide how your time gets spent. You already know what matters. Next month is about proving it.

See you in August. Don't lose momentum.

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SIDE A