

Discomfort Drill Tracker

Fillable worksheet. Type your answers. Save the file.

Five drills. Track each one as you do it. Discomfort is the curriculum.

01 COLD CALL TO A STRANGER

Date, who, the response, what you learned.

DATE

WHO

RESPONSE

WHAT YOU LEARNED

02 UNCOMFORTABLE PUBLIC POST

Date, platform, link, reaction.

DATE

PLATFORM

LINK

REACTION

03 VIDEO SELFIE PITCH

Date, duration, posted, what felt hardest.

DATE

DURATION

POSTED

PLATFORM

WHAT FELT HARDEST

04 COMPLIMENT A STRANGER DAILY FOR SEVEN DAYS

Tick the day. One stranger. One specific compliment.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

--	--	--	--	--	--	--

05 ONE ASK PER DAY WHERE YOU EXPECT A NO, FOR SEVEN DAYS

Each row: the ask, the outcome.

ASK

OUTCOME

01

02

03

04

05

06

07