Name: Date:

Section: briantolentino.com Score:

The Great Lock-In Challenge: 2025 Edition

The goal: From September 1st until the end of 2025, many students are joining "The Great Lock-In" — a movement to focus deeply on a goal, habit, or mindset that will make a lasting difference. Write one paragraph (10 sentences total) following the directions below.

Sentence 1: Introduce what you are locking in on.

Sentence 2: Explain why this goal is important to you.

Sentence 3: Describe the biggest obstacle you will encounter.

Sentence 4: Write a sentence explaining how you plan to overcome that obstacle.

Sentence 5: Use a metaphor to describe your mindset during The Great Lock-In (for example, "I'm closing the door on doubt and turning the key toward growth").

Sentence 6: Explain what daily habits or routines you need to stay "locked in."

Sentence 7: Write about how you expect to feel once you're fully focused on your goal.

Sentence 8: Imagine how your life might look when you achieve this goal.

Sentence 9: Include one piece of advice to yourself to help you stay "locked in."

Sentence 10: End with a powerful statement beginning with "In 2025, I will..." that captures your full commitment.