



10-Sentence “Lock-In” Challenge (2026)



Sentence 1 — Opening Statement: Declare 2026 as a turning point in your life.

Example: 2026 is the year I stop waiting and start acting.

Sentence 2 — Metaphor: Use a metaphor to describe your current self or mindset.

Example: Right now, I feel like a phone stuck on low battery.



Sentence 3 — Honest Confession: Admit one habit, behavior, or way of thinking that is holding you back.

Example: I spend too much time scrolling on my phone.



Sentence 4 — Specific Detail: Zoom in on a real moment that proves this struggle is real. Be specific.

Example: Last night, I spent three hours glued to my phone and accomplished nothing.

Sentence 5 — Short Sentence: Write a sentence with no more than three words.

Example: No more.



Sentence 6 — Decision: State one clear, intentional choice you are making in 2026.

Example: This year, I will turn my phone off for three hours every evening.

Sentence 7 — Simile: Compare your future self to something powerful, focused, or disciplined.

Example: When it matters, I will focus my mind like a dart flying straight to the bullseye.

Sentence 8 — Action Plan: Name one daily or weekly action that supports this new version of you.

Example: Each day, I will put my phone away and focus on productive tasks.



Sentence 9 — Warning: Write a sentence that reminds you what will happen if you don't follow through.

Example: If I ignore this, my focus will stay weak and my goals will drift further away.

Sentence 10 — Lock It In: End with a confident closing line that sounds final and committed.

Example: This is who I am choosing to become, starting now.



