



The CEO Initiative™ Proof of Work Tracker™

Instructions

- Identify the core value guiding your day.
- Record each intentional action you complete.
- Check the executive function skill you practiced.
- Reflect on what you learned and what evidence you created.
- Repeat daily to build habits, character, and identity.

Build visible evidence of the person you are becoming.

Day	Core Value	Executive Decision / Intentional Action	EF Skill	Evidence of Becoming
7/28/2026	Health	Turn off electronics by 9:30 PM and be in bed by 10:00 PM.	Self-Regulation	I am becoming someone who honors my commitments, and chooses long-term well-being over short-term comfort.

Identity Reflection

Today's actions provide evidence that I am becoming someone who:

CEO Initiative™ Identity Development Pathway

Growth happens one intentional step at a time.

Values → Executive Function Skills → **Daily Habits Protocol** → Intentional Actions → **Proof of Work** → Reflection → **Habits** → Character → **Identity** → Life Outcomes