**The Crusader’s Creed**

**Structured to confront and overcome five common self-imposed barriers—Self-Delusion, Self-Neglect, Self-Sabotage, Self-Doubt, and Self-Contempt—this creed serves as a powerful reminder to stay aligned with your highest ambitions. Listen daily to refocus your energy, affirm your worth, strengthen your resilience, and commit to the purposeful habits that transform ambitious goals into reality. If it seems a bit overwhelming at first, stay with it. The day will come with repetitive listening that it will not seem overwhelming and not feel like “too much.”.**

God grant me the serenity today, accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Today is an important day of my life. I have been given this day to use as I will. I can waste it or use it for good. What I do today is important because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever; in its place is something that I have left be-hind; let it be something good. I focus now on these mindset affirmations to avoid forgetting what matters most in this one day.

Self-Delusion

Recognizing that it’s impossible to achieve [insert your goal or goals] with vague desires, unclear plans, and a common lifestyle, I defeat the shackle of self-delusion by choosing the easy way of reminding myself that I want [insert your goal or goals] more than anything. I want it because [insert your deepest motives], and I vow to pay the price of 5 to 20 hours every week for as long as it takes to earn it. To get more than average results, I work more than average people this week. I am defined by what I do, not by what I say I will do. Therefore, I focus on building good habits, taking consistent daily actions, and tracking both my habits and hours to avoid self-deceit. I sacrifice many ordinary things in my free time to do the vital few things that lead to an extraordinary life. I am the kind of person who turns goals into reality through 5 to 20 extra weekly hours. To prevent the shackle of self-delusion, I know exactly what I want most, I focus on why I want it, and then I track my habits and hours to focus on the process of earning it.

Self-Neglect

Recognizing that it’s impossible to achieve [insert your goal or goals] when I feel tired, overwhelmed, or emotionally off-balance, I defeat the shackle of self-neglect by choosing the easy way of daily physical exertion. I am the kind of person who prioritizes health and fitness to strengthen my emotional resilience, mental clarity, and inner drive. I let no day pass without movement be-cause I know that mood follows motion. When I feel down, I move. When I feel resistance to move, I focus on the first step—the act of starting. On busy days, I choose a short workout over none at all, knowing that exercise consistency matters more than exercise intensity. To avoid the shackle of self-neglect, I move daily to activate my best state of mind.

Self-Sabotage

Recognizing that it’s impossible to achieve [insert your goal or goals] while I’m held back by nonbeneficial habits and vices, I defeat the shackle of self-sabotage by choosing the easy way of eliminating temptations that don’t align with my goal of [insert your goal or goals]. I am the kind of person who lives freely, without the weight of self-sabotaging behaviors, vices, or socially accepted addictions. I reject any-thing that feels good in the moment but harms me in the long run. To break the grip of unwanted habits that are not aligned with my highest purpose, I commit to a habit fast plus a daily meditation to recondition my brain for peak performance.

Self-Doubt

Recognizing that it’s impossible to achieve [insert your goal or goals] when I don’t believe in myself, I defeat the shackle of self-doubt by choosing the easy way of focusing on small, consistent efforts—one day at a time. I understand that the path to [insert your goal or goals] is paved by winning today, and then tomorrow, and then the next day, so I commit to living in day-tight compartments. I trust that I was given ambition for a reason, and that no obstacle can withstand a steady river of daily impactful hours. I measure a good day by what I do, not by how I feel. I know that self-engagement is the cure for self-doubt, and productive work is the cure for unproductive worry. To eliminate the shackle of self-doubt, I plan my work, work my plan, get into motion, and stay in motion—always focused on the most important thing I can do today.

Self-Contempt

Recognizing that it’s impossible to achieve [insert your goal or goals] when I don’t believe I’m worthy of them, I defeat the shackle of self-contempt by choosing the easy way of honest self-appreciation. I acknowledge that I possess the key qualities of resilience, discipline, and optimism—and I have demonstrated these qualities in my past. I understand that I am vulnerable to forgetting my strengths when I fall short of my goals, when I give in to old habits, when I feel discouraged by slow progress, or when I face criticism from others. In those moments, I vow to be my own best friend, even as I hold myself to high standards. To eliminate the shackle of self-contempt, I meditate on [insert your goal or goals] with calm expectation, reflect on my best qualities, and never question my self-worth. In fact, am so worthy that even the Universe is for me, assisting me in response to my expectations.

In summary, my life today is a crusade, a vigorous movement for a worthy cause. As I perform the habits of self-empowerment, and the actions or self-engagement, I am getting better and better, every day in every way.