

A FREE GIFT FROM ZACH DUKE

# The Declaration of Truth.

What I say out loud every morning, before the phone, before the kids, before the ball.

At 34 I looked in the mirror and didn't like the dad looking back. Six years sick. Forty pounds heavier. Quietly done.

I didn't fix it with a plan. I started saying what's true about God, and about me, every single morning. Out loud. Before I felt it. Until I believed it.

These are the lines. Say them tomorrow. Add your own as they become true.

— Zach

## HOW TO USE IT

Read it standing up, out loud, first thing. Thirty seconds. Pages 2-3 are the words. Pages 4-6 are the three nights that got me out of bed to say them.

**Jesus is Lord, Savior, and Friend.**

He is my Master who I serve.

His love is eternal and steadfast.

Jesus is the very image of the Father.

He loves me. So deeply he died for me.

God is always good. Always entirely good.

You care deeply about every detail and care of my life.

I can safely and boldly come before your throne of grace.

You want me there. You love me there.

You have given me all things pertaining to life and godliness.

I have righteousness, peace and joy in the Holy Spirit.

Nothing can separate me from the love of God.

It is your good pleasure to give me your kingdom.

You save to the uttermost and deliver me again and again.

Your Word is true, active, and living. It is transforming my heart, mind, and soul as I obey.

Because Jesus forgives me I can forgive others freely.

I am free to be free. I am not a victim. I am forgiven. I do not have to carry any offenses.

**I am a beloved son of God.**

I am chosen.

---

I am seen.

---

I am anointed.

---

I am unashamed of the Gospel of Jesus Christ.

---

I have good works that God has set up for me today to walk in.

---

My heart is a temple for the Spirit of God to dwell.

---

All by the grace of God and for the Kingdom of God.

---

All is for HIS glory. I do not need to perform or seek my own validation. I do not need any glory or legacy. I am secure in Jesus.

---

God has not forgotten me. He has remembered me.

---

I am a part of God's great plan of redemption.

---

I can interpret all of my life's events through the lens of Jesus and the cross.

---

My future is secure and absolutely wonderful.

---

I choose gratitude.

---

I do not have a spirit of fear or timidity, but power, love, and a sound mind.

---

I find my joy in His presence.

---

He surrounds me like a shield.

---

He is the lifter of my head.

---

**I will not be afraid.**

---

Your turn. Under mine, write one line that's true about God, and one that's true about you. Say both tomorrow.

# Build the ladder.

Your wake time isn't a feeling. It's a math problem. Start at the hour you train and walk backward. Mine are filled in so you can see it's not magic.

|   | RUNG                                                                            | MINE    | YOURS |
|---|---------------------------------------------------------------------------------|---------|-------|
| 1 | <b>Train</b>                                                                    | 6:00 AM | _____ |
| 2 | <b>Wake</b><br>Alarm across the room                                            | 4:00 AM | _____ |
| 3 | <b>Sleep you actually need</b><br>Be honest. Cut sleep and you lose by week two | 7½ hrs  | _____ |
| 4 | <b>Lights out</b><br>Asleep, not "in bed"                                       | 8:30 PM | _____ |
| 5 | <b>Shutdown</b><br>Ten minutes. That's night two                                | 8:20 PM | _____ |
| 6 | <b>Kids down</b>                                                                | 8:00 PM | _____ |

My 4:00 isn't for training. Four to six is God's. Before the phone, before the kids, before the ball. Training comes after.

## Move one number until it costs you something.

Newborn. Night shift. A wife who works evenings. The ladder still works. The numbers change. No printer? Notes app, or the back of your hand.

### KEPT PROMISE

☐ I wrote my numbers.

Then DM me **KEPT** on Instagram. I answer.

# The ten-minute shutdown.

Everything the 4 a.m. version of you would have to decide, decide now, while you're the one thinking clearly. Ten minutes before lights out. Do it, then go to bed.

☐ **Coffee prepped.**

Morning-you should not have to think.

---

☐ **Clothes out, down to the socks.**

Shoes by the door.

---

☐ **This sheet where you'll trip over it.**

The coffee maker. The bathroom mirror.

---

☐ **Phone parked, charging, in another room.**

Not the nightstand. Another room.

---

☐ **Alarm across the room.**

It has to cost you standing up.

---

☐ **One line to God before your head hits the pillow.**

Mine: *"Father, the morning is Yours. My mind is Yours, my body is Yours, my time is Yours. I surrender to You. Wake me up, and I'll get up."*

---

Lights out tonight: \_\_\_\_\_

---

**KEPT PROMISE**

☐ **Lights out on time.**

DM me **KEPT** before the lights go out.

# Say it out loud.

January 1, 2023, I posted my first toe taps. Zero followers. I looked like a toddler as fat as a buffalo. I posted it anyway, so I couldn't quit in the dark. You don't need a camera. You need one man.

TONIGHT, TEXT ONE MAN

**"Tomorrow, \_\_\_\_\_.  
Ask me if I did it."**

Who: \_\_\_\_\_

## THE SCORE

☐ NIGHT ONE     I wrote my numbers.

☐ NIGHT TWO     Lights out on time.

☐ NIGHT THREE     I told someone.

Two of three still counts. My first habit sheet never once said "perfect." I competed against last week's percentage, not perfection — and the percentage went up. That's the whole game.

## KEPT PROMISE

☐ I told someone.

DM me **KEPT**. Three for three.

THE 30-DAY RESET

# You just kept three. The Reset is thirty.

Thirty days. One short lesson from me every morning. One page. One action. One promise to keep, and the next day stays locked until you keep it. That lock is the lesson.

**Die · Discipline · Defend · Deploy**

# \$37

Thirty mornings.

---

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

GALATIANS 6:9

**If you don't quit, you win.**

**Take the first step.**  
[worldcupdad.com/reset](http://worldcupdad.com/reset)