

VETERAN FOUNDED · VETERAN DRIVEN



THE GRIZZLY VETERAN JOURNAL

A 12-WEEK FIELD JOURNAL FOR PEOPLE STILL ON THE GRIND

The mission is never done.

grizzlyvet.com · Volume 01 · Free member download

DEDICATION

FOR THE ONES STILL SHOWING UP.

For the ones who don't post it. Who quietly get up when the day is trying to close them out. Who serve without a uniform now. Who carry names. Who protect routines. Who reach out first when they'd rather disappear.

For the ones building something out of what they came back with. And for everyone still choosing purpose over comfort — you're not alone in it.

This journal is for you. Write in it hard. Write in it often. Write in it on the days you don't want to. That's the whole point.

— *Eric "Grizzly" Fikes*

FOUNDER, THE GRIZZY VETERAN · SAINT ROBERT, MO

HOW TO USE THIS JOURNAL

THREE MINUTES, TWICE A DAY.

This journal doesn't want your poetry. It wants your presence. Three minutes in the morning. Three minutes at night. Twelve weeks. That's the whole ask.

THE STRUCTURE**WEEKLY OPENER**

Each week starts with a short passage and the week's word. Read it slowly. Come back to it on the hard day.

DAILY PAGES

Three pages per week for your entries. Morning intent. What actually got done. Community touch. One win. Tomorrow's first move.

MARGINS

Write in them. Draw in them. Argue with the page. This is a working document, not a museum piece.

SKIPS

Miss a day. Miss three. Come back. The book doesn't hold grudges.

SHOW UP. BETTER EVERY DAY. NEVER FINISHED.

THE GRIZZY VETERAN CREED

I am still here.
That is not nothing —
it is the reason everything else is possible.

I show up before I feel like it.
I get better by one percent,
and one percent is enough.

I honor the cost of the ground I stand on.
I protect the ritual that keeps me steady.
I get in the room with my people.

I am a work in progress and that is the point.
The mission is quiet. The mission is daily.
The mission is never done.

Signed by everyone still on the grind.

12-WEEK MISSION

SET THE MISSION.

Twelve weeks from today, what does won look like? Write it down.

—— **BODY** One thing I'm building physically.

—— **MIND** One habit I'm protecting mentally.

—— **COMMUNITY** One person or place I'm showing up for.

Start date: _____

WEEK 01

SHOW UP

The first rule is nobody's coming. If you're waiting for a sign, this is it. This week, you don't have to feel ready. You just have to be there when the day opens. Show up for one small thing. Then the next. That's the whole game.

THIS WEEK, ANSWER:

What does 'show up' look like for me this week?

— *Show up. Better every day. Never finished.* —

DAY 01

DATE: _____

“The day is bigger than the mood. Show up anyway.”

MORNING INTENT

One thing today. If I do nothing else, this is it.

THE WORK

What I actually did. Not what I planned. What got done.

COMMUNITY TOUCH

Who I reached out to. Who reached out to me.

WON TODAY

Something small I'm proud of. Even if nobody else saw it.

TOMORROW'S FIRST MOVE

The one thing I open the day with.

DAY 02

DATE: _____

“You have done hard things before. This is one of them.”

MORNING INTENT

One thing today. If I do nothing else, this is it.

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“Small consistent moves outlast big inconsistent ones.”

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WEEK 02

ONE PERCENT

Better every day. That's the only pace that matters. Not the hero week. Not the one big move. The quiet, boring, unglamorous one percent that stacks while the world sleeps. This week: pick one thing to improve by a hair. Every day. Track it.

THIS WEEK, ANSWER:

What is my one percent this week — and how will I know I did it?

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DAY 03

DATE: _____

“Honor the person you were building for when nobody was watching.”

MORNING INTENT

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WEEK 03

HOLD THE LINE

Some weeks you don't advance. You don't retreat either. You dig in. You defend what you built. You protect the routine when everything else is trying to knock it loose. This is the week you learn you're harder to move than you thought.

THIS WEEK, ANSWER:

What am I defending this week? What tries to knock it loose?

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DAY 01

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DAY 03

DATE: _____

“The line holds because you hold it.”

MORNING INTENT

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WEEK 04

HONOR THE COST

Somebody paid so you could be here — reading this, breathing this, dreaming this. This week, name them. Write it down. Do one thing in their memory that only you can do. Then keep it up when nobody is watching. Honor is quiet work.

THIS WEEK, ANSWER:

Whose name am I carrying? What am I doing in their memory?

— *Show up. Better every day. Never finished.* —

DAY 01

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“You are not behind. You are on your own clock.”

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WEEK 05

GET IN THE ROOM

Isolation looks like discipline until it becomes decay. This week, put yourself in one room with real people. A meeting. A workout. A porch. A church. Community isn't a luxury. It's a load-bearing wall. Show up somewhere in person.

THIS WEEK, ANSWER:

What room am I putting myself in this week? When and where?

— Show up. Better every day. Never finished. —

DAY 01

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TOMORROW'S FIRST MOVE

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DAY 03

DATE: _____

“Community is a muscle. Use it or lose it.”

MORNING INTENT

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WEEK 06

STILL HERE

You are still here. That is not nothing. It is the reason everything else is possible. This week, when the noise gets loud, come back to that sentence. Say it out loud. Still here. Still swinging. That's a full sentence. That's enough.

THIS WEEK, ANSWER:

When the noise gets loud, what sentence do I come back to?

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“Rest is a weapon. Use it. Then get back up.”

MORNING INTENT

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WEEK 07

TEACH ONE

You know something somebody else needs. Skill, story, warning, direction. This week, teach one person one thing. Free. No expectations. That's how communities get built — one transfer at a time. Legacy is passed hand to hand.

THIS WEEK, ANSWER:

Who am I teaching this week? What am I giving away for free?

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DAY 03

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“Comparison is a thief. Do the next rep.”

MORNING INTENT

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WEEK 08

RUN THE RITUAL

The ritual is what saves you on the bad day. Same wake time. Same first move. Same short walk. Same journal page. This week, protect the ritual like it's your job — because when the storm hits, the ritual is the boat.

THIS WEEK, ANSWER:

What is the ritual I refuse to let slip this week?

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WEEK 09

SAY THE HARD THING

The conversation you've been avoiding is the one costing you the most. This week, have it. With the person. With yourself. Kind. Direct. Short. Then let it sit. Ninety percent of clarity is just saying the thing out loud.

THIS WEEK, ANSWER:

What is the conversation I've been avoiding? When do I have it?

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DAY 03

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“Every morning is a re-enlistment. Sign the paperwork.”

MORNING INTENT

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WEEK 10

NEVER FINISHED

You are a work in progress and that is the point. Not fixed. Not arrived. Still building. This week, list three things you're actively becoming. Not what you were. Not what you failed at. What you are on the way to. Then walk toward it.

THIS WEEK, ANSWER:

What three things am I actively becoming right now?

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WEEK 11

EARN IT

Nothing that matters is given. It's earned in reps you didn't post about. This week, do ten reps of the thing you'd normally do two of. Silently. No audience. The audience is you, three months from now, thanking you for not quitting.

THIS WEEK, ANSWER:

What ten reps do I do in silence this week? No audience.

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WEEK 12

THE MISSION

Twelve weeks in, you are not the person who opened page one. You are steadier. You are quieter. You are meaner to your excuses and kinder to your people. This is the mission. And the mission is never done. Turn the page and go again.

THIS WEEK, ANSWER:

What did 12 weeks build? What's the next mission?

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THE 7 RULES OF THE GRIZZY VETERAN

KEEP THESE CLOSE.

- 01** **SHOW UP.**
Presence beats potential. Every time. No exceptions.
- 02** **BETTER EVERY DAY.**
One percent. Boring. Compounds. Non-negotiable.
- 03** **HONOR THE COST.**
Somebody paid. Live like you know it.
- 04** **PROTECT THE RITUAL.**
Same time. Same first move. Same short walk. The ritual is the boat.
- 05** **GET IN THE ROOM.**
Isolation looks like discipline until it becomes decay.
- 06** **TEACH ONE.**
Legacy is passed hand to hand. Give the thing away.
- 07** **NEVER FINISHED.**
You are a work in progress and that is the point.

Read one every Monday. Live them every day.

GET IN THE ROOM.

You are not doing this alone. That's the whole point of the Grizzly Veteran. The apparel is the flag. The journal is the ritual. The community is the load-bearing wall.

THREE WAYS TO SHOW UP:

Post to the Creed Wall.

Write one sentence that keeps you going. Add it to grizzlyvet.com — it might be somebody's Monday morning.

Read Monday Motion.

Short. Honest. Zero spam. One story or one rule every Monday morning. Subscribe on the site.

Reach one person.

Send one text. Call one buddy. Show up somewhere in person this week. That's it. That's the pledge.

grizzlyvet.com

Veteran founded · Veteran driven · Saint Robert, MO

NOTES

NOTES

THE MISSION IS NEVER DONE.

Turn the page. Start again.

THE GRIZZY VETERAN

Veteran founded. Veteran driven.

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