

The Acorn Activation Workbook™

UNLOCKING THE POTENTIAL
WITHIN YOU

GARY CHAPMAN



TABLE OF CONTENTS

*A Guided System for Growth, Discipline,
and Becoming*

Introduction

You're Not Behind	4
Copyright	5

PART I: AWARENESS — SEEING CLEARLY

Redefine "Behind"	7
Your Acorn Stage	9

PART II: FOUNDATION — BUILDING YOUR ROOTS

Root Work (Identity)	12
Environment Reset	13

PART III: ACTION — CREATING MOMENTUM

Discipline System	16
Weekly Discipline Tracker	19

PART IV: GROWTH — TRUSTING THE PROCESS

Patience Mastery	21
The Oak Vision	22

PART V: BECOMING — STEPPING INTO WHO YOU ARE

Final Declaration	25
This Is Where You Become	26

BONUS MATERIALS

“I Am in Process” Affirmations	27
Weekly Tracker Templates	30

You're Not Behind.

You're not late.

You're not stuck.

You're not missing something.

You're in process.

**This workbook is your guide to
understanding where you are...
and how to grow into who you're
becoming.**



Gary Chapman

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Part I: Awareness

Seeing Clearly

REDEFINE “BEHIND”

Where in your life do you feel behind??

- Career:
- Finances:
- Relationships:
- Personal growth:

Reframe:

What if nothing is wrong?

Write a new truth:

“I am not behind in _____. I am in the process of _____.”

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YOUR ACORN STAGE

Circle Your Stage:

- Potential
- Environment
- Discipline
- Patience

Deep Reflection:

Why do I believe I'm in this stage?

Write your thoughts here:

Deep Reflection:

What evidence supports this?

Write your thoughts here:

Deep Reflection:

What has this stage been teaching me?

Write your thoughts here:

Part II: Foundation

Building Your Roots

ROOT WORK (IDENTITY)

Exercise:

List 5 strengths you've been underestimating.

1. _____
2. _____
3. _____
4. _____
5. _____

Identity Shift:

“I am the kind of person who...”

Write your new identity:

ENVIRONMENT RESET

Audit:

What’s helping me grow?

What’s hurting my growth?

Action:

What will you REMOVE?

What will you ADD?

Part III: Action

Creating Momentum

DISCIPLINE SYSTEM

Your ONE Non-Negotiable Habit:

Weekly Tracker:

HOW TO USE IT

Step 1: Choose ONE Non-Negotiable Habit

Keep it simple and specific.

Examples:

- Read 10 pages
- Make 5 sales calls
- Exercise 20 minutes
- Record 1 video

Rule: If it's too big, you won't stay consistent.

Step 2: Define “Done”

Remove ambiguity.

Bad:

“Work on my goals.”

Good:

“Spend 20 focused minutes writing.”

You should know in 2 seconds if you completed it.

Step 3: Track Daily (Same Time Every Day)

At the end of each day:

- Mark Y (Yes) if completed
- Mark N (No) if not

No excuses. No gray area.

Weekly Tracker:

Step 4: Don't Break the Chain

Your goal:

Stack as many “Y” days in a row as possible

If you miss a day:

- Don't spiral
- Don't restart the week

Just win the next day

Step 5: Weekly Reflection (Critical)

At the end of the week, answer:

1. How many days did I complete my habit?
2. What got in the way on the days I missed?
3. What will I adjust next week?

SUCCESS STANDARD

- 5–7 days = Strong consistency
- 3–4 days = Inconsistent (needs adjustment)
- 0–2 days = Habit is too big or unclear

COMMON MISTAKES (Avoid These)

- Choosing too many habits
- Making the habit too big
- Skipping tracking “just for today.”
- Judging yourself instead of adjusting

REFRAME:

You are not tracking performance.

You are tracking **identity**.

Every “Y” is proof:

“I am the kind of person who follows through.”

Weekly Tracker

Small roots grow big trees.
Consistency is how your potential becomes visible.

	(Check Apporait Box)	
	Y	N
Mon	☐	☐
Tue	☐	☐
Wed	☐	☐
Thu	☐	☐
Fri	☐	☐
Sat	☐	☐
Sun	☐	☐

Part IV: Growth

Trusting the Process

PATIENCE MASTERY

Prompt:

What am I rushing?

Truth:

What might be growing beneath the surface?

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Part V: Becoming

Stepping Into Who You Are

I am not behind. I am becoming...

[illegible]

This Is Where You Become.

- **Join the Acorn Coaching Program**
- **Share your journey**
- **Stay committed to the process**

Bonus Material

I AM IN PROCESS

A Daily Affirmation for Growth and Becoming

You are not behind.

You are growing—even when it's unseen.

I am not behind. I am in process.

I am growing—even when I can't see it.

I trust the stage I'm in.

I don't rush what is meant to develop.

I honor where I am and who I'm becoming.

My potential is real—even if it's not visible yet.

I don't need all the answers to begin.

Clarity is forming as I move forward.

What's inside me is enough to start.

I am discovering who I'm meant to be.

I follow through—even when I don't feel like it.

Small actions are building something powerful.

I don't need perfect—I need consistent.

I keep showing up for myself.

Discipline is how I prove who I am becoming.

I am closer than I think.

Growth is happening beneath the surface.

I trust the timing of my life.

What I'm building takes time—and that's okay.

I don't quit just because I can't see results yet.

I am closer than I think.
Growth is happening beneath the surface.
I trust the timing of my life.
What I'm building takes time—and that's okay.
I don't quit just because I can't see results yet.

I am becoming stronger, wiser, and more aligned.
I am building a life that reflects my potential.
I am no longer comparing—I am growing.
I am stepping into who I was created to be.
I am becoming the person I once needed.

I am not behind.
I am not late.
I am not missing anything.
I am in process.
And I am becoming.

Small roots grow big trees.
Consistency reveals your potential.

Weekly Tracker

Small roots grow big trees.

Consistency is how your potential becomes visible.

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