

30 DAYS. 30 MOVES. ONE BETTER FOREMAN.

HOW THIS WORKS:

- 1. Tape this to the trailer wall. Eye level.
- 2. Run one move a day. Five minutes or less.
- 3. Check the box. Move on. Don't overthink it.
- 4. When the 30 days are done — pick the ONE move you'll keep doing for the rest of your career.

"Most foremen never become great because they never trained for it. Five minutes a day. Compounds over a career."
— MARK BRESLIN

THE 30-DAY CHALLENGE

One move a day. Five minutes or less. Check the box.

DAY 01☐ Introduce yourself as a Professional Construction Leader	DAY 02☐ Give specific recognition to one person	DAY 03☐ Ask 'how would you handle this?' instead of telling	DAY 04☐ Have a tough conversation you've been dodging	DAY 05☐ Delegate one task you'd normally do yourself	DAY 06☐ Listen — don't interrupt — in one full conversation
DAY 07☐ Say thank you to a crew member by name	DAY 08☐ Walk the site asking 'what's getting in your way?'	DAY 09☐ Teach one person one new skill	DAY 10☐ Catch a mistake and own it out loud	DAY 11☐ Identify one field leader you'll mentor this year	DAY 12☐ Praise effort, not just results
DAY 13☐ Eat lunch with somebody you don't usually talk to	DAY 14☐ Set one clear expectation in writing	DAY 15☐ Build a relationship with another trade or partner	DAY 16☐ Ask a field leader about their 5-year plan	DAY 17☐ Read one chapter of the book again	DAY 18☐ Coach in the moment — short, specific, on the spot
DAY 19☐ Check in with somebody you haven't heard from	DAY 20☐ Catch one Fixed Mindset thought and flip it	DAY 21☐ Recognize somebody in front of their peers	DAY 22☐ Document one accountability conversation	DAY 23☐ Ask the crew: 'what would make tomorrow better?'	DAY 24☐ Delegate the outcome — not the steps
DAY 25☐ Learn one personal thing about someone on your crew	DAY 26☐ Catch yourself stepping in — and step back	DAY 27☐ Follow up on something you said you'd do	DAY 28☐ Hand a tough decision to somebody on your crew	DAY 29☐ Recognize the whole crew — not just one person	DAY 30☐ Pick the ONE move you'll keep doing forever