

## Michael Carrozzo Launches “30-Day Discipline Pledge”

Santa Barbara veteran Michael Carrozzo introduces a personal commitment to rebuild structure, accountability, and everyday leadership habits.



**Santa Barbara, California Apr 22, 2026 ([Issuewire.com](https://www.Issuewire.com))** - Michael Carrozzo, U.S. Army veteran and advocate for discipline-based leadership, has announced the launch of a new personal initiative: the “30-Day Discipline Pledge.” The pledge is designed to help individuals rebuild structure in their daily lives through simple, repeatable actions rooted in accountability, routine, and service.

Carrozzo says the pledge was shaped directly by lessons from his own experience.

“People don’t need more information,” he explains. “They need better systems.”

He adds, “You don’t rise to big moments. You fall back on your habits.”

The pledge focuses on rebuilding those habits in a practical way.

### Why This Matters Now

The need for structure and discipline is growing across the U.S.:

- 74% of adults report feeling overwhelmed by stress monthly (American Psychological Association)
- 83% of workers experience work-related stress (American Institute of Stress)
- Over 200,000 service members transition to civilian life each year (U.S. Department of Defense)
- 17 veterans die by suicide daily (U.S. Department of Veterans Affairs)

Carrozzo believes these numbers point to a common issue: lack of structure.

“We are busy, but not always productive,” he says. “Structure fixes that.”

He emphasizes that leadership begins with personal behavior, not position.

“Leadership is how you show up,” he says. “Not what title you hold.”

### **The 30-Day Discipline Pledge: 7 Core Commitments**

Carrozzo’s pledge is built around seven daily behaviors:

- Wake up at the same time every day
- Write a short plan each morning (3 priorities max)
- Move your body for at least 30 minutes
- Limit distractions during focused work blocks
- Check in with one person (mentor, peer, or veteran)
- Review your day in writing each evening
- Keep your word on small commitments

“These are not big changes,” Carrozzo says. “They are small systems. But they compound.”

### **Real-World Lessons Behind the Pledge**

The structure of the pledge comes from Carrozzo’s military experience.

“In the Army, we used checklists for everything,” he says. “Not because we weren’t capable, but because we didn’t trust memory under pressure.”

He recalls one training exercise where a missed checklist caused delays across an entire unit.

“It wasn’t a major failure,” he explains. “It was one skipped step. That’s how most problems start.”

That lesson shaped how he views discipline today.

“Consistency beats intensity,” he says.

### **Do-It-Yourself Toolkit: 10 Simple Actions**

Carrozzo encourages individuals to start immediately with no cost or special tools:

- Set a fixed wake-up and sleep time

- Write your top 3 priorities each morning
- Take a daily walk without your phone
- Use a notebook instead of relying on memory
- Block 60–90 minutes for focused work
- Reduce unnecessary notifications
- Reach out to one person each day
- Track your habits on paper
- Reflect on one win and one mistake daily
- Repeat the same routine for 30 days

“You don’t need apps,” he says. “You need consistency.”

### **30-Day Progress Tracker (Simple Format)**

Participants can track progress using a basic checklist:

- Day 1–30 grid
- 7 habits listed vertically
- Mark each habit completed daily

Goal: Hit at least 80% completion over 30 days

“If you track it, you improve it,” Carrozzo says.

### **A Call for Personal Leadership**

Carrozzo stresses that the pledge is not about perfection. It is about direction.

“Start small,” he says. “Structure builds strength.”

He believes widespread change begins at the individual level.

“You don’t need permission to lead your life better,” he says.

### **Call to Action**

Michael Carrozzo invites individuals to take the 30-Day Discipline Pledge, apply the toolkit, and share their progress with others. Start today by committing to one structured habit and build from there.

“Don’t wait for motivation,” he says. “Build the system first.”

### **About Michael Carrozzo**

Michael Carrozzo is a Santa Barbara–based U.S. Army veteran who served as a Major in the Judge Advocate General’s Corps. He focuses on discipline-based leadership, mentorship, and structured living as tools for long-term stability and personal growth.

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