



Constellation Trail

FOLLOW THE STARS · FIND YOUR WAY

FREE LESSON · SHARE FREELY

A CHARACTER LESSON · AGES 8-12

Hold the Line

Three weeks of stories. Now seven days of your own trail.



CONVICTION · WEEK 4 OF 4 · PRACTICE WEEK

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Free weekly lesson · print & gather

A QUICK NOTE TO PARENTS

Before you start the week

This is practice week — the month's stories become seven days of lived experience. The design is simple and it's borrowed straight from Daniel: your child picks **one line** (not five), decides it *in advance*, writes it down, and holds it for a week.

Keep the line small and concrete. "Be a better person" is not a line. "I tell the whole truth even when a half-truth is easier" is a line. "I do the hard part of practice before the fun part" is a line. Small and real beats grand and vague, every time.

YOUR ROLE

Witness, not enforcer. You sign their Line Card, you ask how it went at supper, and when they slip (they will), you point back at the card, not at them.

THE DEBRIEF

Day 7 has three family questions. Ten minutes. Don't skip it — the debrief is where the week becomes a memory.

ONE TIP

Take the challenge yourself, with your own line, on your own card. A parent holding a line teaches more in a week than a month of reminders.

STEP ONE · DECIDE BEFORE

Pick your line

Remember the order: decision first, cost second, proof last. This page is the decision. Fill it in tonight, before the week starts — kitchen-table time, like Daniel, not fence time, like Eli.

MY LINE

This week, my line is:

The moment it will be hardest (be honest — name your gap in the fence):

When that moment comes, I will:

SIGNED (YOU)

WITNESSED (A PARENT)

Need ideas? The whole truth, even when a half-truth is easier. The long way, when the shortcut is open. The hard part first. Kind words about people who aren't in the room.

STEP TWO · HOLD IT

Seven days on the trail

Each evening, mark the day. A star means the line held. A dash means it slipped — mark it honestly and start again tomorrow; an honest dash is worth more than a false star. (You know that from week one.)

DAY	HELD / SLIPPED	THE HARDEST MOMENT TODAY WAS...
1	☆ / —	
2	☆ / —	
3	☆ / —	
4	☆ / —	
5	☆ / —	
6	☆ / —	
7	☆ / —	

WHEN IT GETS HARD

Say Doss’s sentence, resized for you: “*Just one more day.*” You don’t have to hold the line all week tonight. Just tonight.

STEP THREE · THE DEBRIEF

Three questions at the table

1. Which day was hardest, and what did the "gap in the fence" actually look like when it came?

2. Did deciding *before* make the hard moments easier, the way it did for Daniel? Or did it feel different than you expected?

3. If you kept this line for a whole year, what would people learn to say about you — without you ever saying it yourself?

COPYWORK

Copy the line below in your best handwriting. A straight path is a held line.

“Let thine eyes look right on... and let all thy ways be established.”

— PROVERBS 4:25–26 (KJV)

THE MONTH OF CONVICTION ENDS HERE

One star, almost lit

A runner at a fence. A boy at a king's table. A medic on a cliff. And now seven days with your name on them. That's what conviction looks like from four directions — and if you held your line even once this week when it cost you something, you already know something most people learn much later: **the decision comes first, the cost comes second, and the proof comes last.**

Next month on the trail: Honesty. It starts with a young store clerk on the American frontier who discovered he'd charged a customer a few pennies too many — and closed the store to walk them back. The neighbors gave him a nickname for it. You already know it.

There was a real runner who faced a real gap.

In 1924, the fastest man in Britain refused to run his best Olympic race — because he would not trade his conscience for a medal. What it cost him, what it won him, and the week-long challenge that goes with it: that's **Constellation Trail Unit One: Conviction** — the first star of the constellation.

constellationtrail.com/character-units

13 print-ready pages · the Two Paths map · the Cost Card · a certificate that lights Star 1

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