

THE BE THE MAN SYSTEM · WORKSHEET

The four pillars.

Every part of a man's life lands in one of four places. Most men are strong in one and absent in another.

This worksheet is an audit. Where you're strong, where you're absent — and whether each pillar has at least one thing with a time on it.

BEFORE YOU START

- Your Step 1 attributes and your Step 4 cards.
- Twenty-five minutes.
- Score what happened last week, not what you intend.

PART 1

Score yourself

Score each pillar from 1 to 5 based on last week. Then write the evidence — what actually happened — in the last column.

1 = nothing here has a time on it. 3 = something has a time, kept about half the weeks. 5 = it has a time, it's kept, and someone in your house could tell you so.

PILLAR	WHAT IT MEANS	1-5	THE EVIDENCE FROM LAST WEEK
Cycles	What you inherited and never agreed to.	/ 5	
Systems	Doing the right thing on a day you don't feel like it.	/ 5	
Fatherhood	Giving your kids what you weren't given.	/ 5	
Discipline	Keeping going when nobody is watching.	/ 5	

PART 2 WHAT YOU INHERITED

Cycles

One pattern from Step 1, Part 1 that I'm breaking this month: _____

What I'll do instead, and when: _____

Who in my house will notice first: _____



PART 3 WHAT HOLDS THE REST UP

Systems

One routine holds the other three up — usually a morning or a weekly review. Name yours.

The routine: _____

Day(s) and time: _____ Where: _____

After a miss, the smallest version that still counts: _____

PART 4 WHAT THEY GET FROM YOU

Fatherhood

No children at home? Answer for the young people who watch you — a nephew, a younger man at church, a kid on your team.

One thing each child gets from me every week, with a time on it: _____

Example: Saturday, 9am. Breakfast with one kid, phones in the car. A different kid each week.

One thing I say to them that I never heard growing up: _____

How they'd know I mean it without me telling them: _____

PART 5 WHEN NOBODY IS WATCHING

Discipline

One thing I'll do this week that nobody will see: _____

When: _____ How I'll count it: _____



PART 6

The gap

Your lowest score is where the system has to start — not the pillar you enjoy working on.

My lowest pillar: _____ Its score: _____ / 5

Which of my three goals lands in this pillar? _____

If none of them does, that's the finding. Go back to Step 2 and trade one goal for one that lives here.

The trade I'm making: _____

PART 7 SOURCE LAW

The standard

Pick one verse for your lowest pillar and carry it this month.

Verse _____

What it asks of me _____

If you need a place to start: Cycles: 2 Corinthians 5:17 · Systems: 1 Corinthians 14:40 · Fatherhood: Ephesians 6:4 · Discipline: Hebrews 12:11

NEXT · STEP 6 OF 7

Step 6: why you need a system.

You've built it. Step 6 is where you prove to yourself why it works — with your own numbers, not somebody's testimony.

Break the cycle. Build the system. Be the man.