

THE BE THE MAN SYSTEM · WORKSHEET

What are your goals?

Three. Not ten. A man with ten goals has a list. A man with three has a direction.

Every goal on this page answers to the man you described in Step 1. If it doesn't make you more like him, it isn't yours.

BEFORE YOU START

- Your Step 1 vision statement, in front of you.
- Twenty-five minutes. A pen, not your phone.
- Write the goals you actually have, not the ones you think you should.

PART 1

Empty the list

Every goal you've carried in the last year. The ones you said out loud, the ones you set in January, the ones you're embarrassed are still open. Don't sort them yet.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

PART 2

Run the test

Take each goal from Part 1 through three questions. Be honest in the third column – a goal you picked up from someone else will never get your Tuesday.

GOAL	WHICH STEP 1 ATTRIBUTE DOES IT SERVE?	WHOSE GOAL IS IT REALLY?	KEEP?
Lose 30 pounds	Steady — energy left for my kids at 7pm	Mine. Not my doctor's, not the gym's.	Keep EXAMPLE
1			
2			
3			
4			
5			
6			
7			
8			

If a goal doesn't serve any attribute, it's somebody else's goal — your father's, your pastor's, the man on your phone. Cross it out.



PART 3

Cut to three

From everything you kept, choose three. If two serve the same attribute, keep the harder one. Write each so that someone else could see whether it happened.

Not “be a better father.” *Instead:* “A one-on-one with each of my kids, every month, from now until June.”

GOAL 1

The goal, specific enough to check: _____

Done by: _____ Serves the attribute: _____

They'll know it's done, without me saying it, because _____

GOAL 2

The goal, specific enough to check: _____

Done by: _____ Serves the attribute: _____

They'll know it's done, without me saying it, because _____

GOAL 3

The goal, specific enough to check: _____

Done by: _____ Serves the attribute: _____

They'll know it's done, without me saying it, because _____



PART 4 FAILURE LAW

Park the rest

The goals you cut aren't dead. They're parked — written down so you can stop carrying them in your head. A goal you drop without writing it down comes back as guilt.

I'll look at this list again on: _____

PART 5 SOURCE LAW

The standard

Which verse holds these three goals to God's standard instead of your mood?

Verse _____

What it asks of me _____

If you need a place to start: Proverbs 16:9 · Luke 14:28 · Philippians 3:13–14 · Proverbs 21:5

A goal says what. It doesn't say when yet. Step 4 is where each of these gets a time.

NEXT · STEP 3 OF 7

Step 3: what has stopped you so far?

You've wanted some of these before. Step 3 names what stopped you — so you can build around it instead of running into it again.

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