

THE BE THE MAN SYSTEM · WORKSHEET

Why you need a system.

You've been inspired before. A sermon, a conference, a video. It lasted until Tuesday.

Motivation is a feeling, and feelings have a shelf life. A system is what's still standing on Tuesday. This worksheet doesn't ask you to believe that. It has you measure it.

BEFORE YOU START

- Your Step 4 cards.
- Fifteen minutes today, then two minutes a night for fourteen nights.
- A calendar reminder for night 14.

PART 1

Your inspiration record

The last three times you were fired up to change. What moved you, what you decided, and how long it lasted. Count in days.

WHAT MOVED ME	WHAT I DECIDED	HOW LONG IT LASTED
Men's conference, March	Pray every morning before work	9 days
		EXAMPLE
1		
2		
3		

Average, in days: _____ Longest, in days: _____

PART 2

A goal says what. A system says when.

A GOAL

“I’ll be more present.”

You meant it. Nothing on Tuesday changed.

A SYSTEM

“Tuesday, 7:40pm, phone in the drawer.”

When, where, and on what trigger — written down, so it can be checked.

Across 94 studies, people who wrote down *when* and *where* they would act followed through far more often than people who only set the goal. It isn't a motivational claim. It's a measured one.

PART 3 EVIDENCE LAW

The fourteen-night test

Take one card from Step 4. Run it exactly as written for fourteen nights. Mark each box: a check if you kept it, an X if you missed. Don't skip the X — the misses are the data.

The card I'm testing: _____

Started on: _____ Day 14 falls on: _____

☐

DAY 1

☐

DAY 2

☐

DAY 3

☐

DAY 4

☐

DAY 5

☐

DAY 6

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DAY 7

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DAY 8

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DAY 9

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DAY 10

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DAY 11

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DAY 12

☐

DAY 13

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DAY 14

Nights kept: _____ / 14 Compare that with your inspiration average from Part 1.



PART 4 FAILURE LAW

The day it breaks

You'll miss a night. Write now what happens the next night, so the miss costs one day and not the whole test.

The night after a miss, I will _____

and I will not _____

PART 5

How they'd know

A system is the only change your family can see without you announcing it. That's the real test — not how you feel on night 14.

After 14 nights, someone in my house should notice: _____

Did they? (fill this in on night 14) _____

PART 6 SOURCE LAW

The standard

Which verse is about doing it, not just hearing it?

Verse _____

What it asks of me _____

If you need a place to start: James 1:22 · Luke 6:46–49 · Proverbs 21:5 · Galatians 6:9

NEXT · STEP 7 OF 7

Step 7: God at the center.

Step 7 moves the center off you, and puts the whole system on one page.

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