

THE BE THE MAN SYSTEM · WORKSHEET

The laws of a system that holds.

A system isn't a better intention. It's a set of rules that decide before you do.

Four laws. Each one answers a wall from Step 3. By the end of this worksheet, each of your three goals has a time, a source, a written way to fail and a number.

BEFORE YOU START

- Your three goals from Step 2 and your wall from Step 3.
- Thirty minutes. One card per goal.
- Smaller than you think. You're building for your worst Tuesday, not your best one.

PART 1

The four laws

THE CLOCK LAW

Nothing exists until it has a time. “Weekly” is not a time. Tuesday at 7:40 is.

THE SOURCE LAW

No source, no spend. Before your time, your money or your temper moves, name where it's coming from. The standard is scripture, not mood.

THE FAILURE LAW

Every system has a written way to fail. Decide what a miss looks like before you start, so one bad day doesn't cost you a month.

THE EVIDENCE LAW

Numbers as numbers, not stories. Four out of seven is four out of seven. Not “going well.”

There are six laws in all. The other two — Proximity and Protection — are the rules the man teaching this holds himself to. They're on the About page at bethemansystem.com.



PART 2

Read the example first

EXAMPLE CARD

The goal (from Step 2): Be home in the evenings — actually home.

CLOCK

The action, small enough to do on a bad day: Phone in the kitchen drawer.

Day(s) and time: Mon–Thu, 6:30pm Where: Kitchen

Trigger — right after I walk in the door and set my keys down

SOURCE

The time comes from (what I stop doing): Scrolling after dinner

What it costs, and where that money comes from: Nothing.

The verse that holds the standard: Deuteronomy 6:6–7

FAILURE

A miss looks like: Phone in my hand after 6:45.

If I miss once, the next day I will: Drawer at 6:30 again. No speech.

If I miss twice in a row, I will: Tell one man I trust, and cut it to two nights.

EVIDENCE

What I count: Nights it stayed in the drawer Target each week: 4 of 4

I check the number every Sunday, 8pm.



PART 3

Your three cards

SYSTEM CARD · GOAL 1

The goal (from Step 2): _____

CLOCK

The action, small enough to do on a bad day: _____

Day(s) and time: _____ Where: _____

Trigger — right after I _____

SOURCE

The time comes from (what I stop doing): _____

What it costs, and where that money comes from: _____

The verse that holds the standard: _____

FAILURE

A miss looks like: _____

If I miss once, the next day I will: _____

If I miss twice in a row, I will: _____

EVIDENCE

What I count: _____ Target each week: _____

I check the number every _____



SYSTEM CARD · GOAL 2

The goal (from Step 2): _____

CLOCK

The action, small enough to do on a bad day: _____

Day(s) and time: _____ Where: _____

Trigger — right after I _____

SOURCE

The time comes from (what I stop doing): _____

What it costs, and where that money comes from: _____

The verse that holds the standard: _____

FAILURE

A miss looks like: _____

If I miss once, the next day I will: _____

If I miss twice in a row, I will: _____

EVIDENCE

What I count: _____ Target each week: _____

I check the number every _____



SYSTEM CARD · GOAL 3

The goal (from Step 2): _____

CLOCK

The action, small enough to do on a bad day: _____

Day(s) and time: _____ Where: _____

Trigger — right after I _____

SOURCE

The time comes from (what I stop doing): _____

What it costs, and where that money comes from: _____

The verse that holds the standard: _____

FAILURE

A miss looks like: _____

If I miss once, the next day I will: _____

If I miss twice in a row, I will: _____

EVIDENCE

What I count: _____ Target each week: _____

I check the number every _____

PART 4 EVIDENCE LAW

The tally

One line per goal, one column per week. Write the number, not the story. A 2 is information. A blank is the only real failure on this page.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Goal 1	/ 7	/ 7	/ 7	/ 7
Goal 2	/ 7	/ 7	/ 7	/ 7
Goal 3	/ 7	/ 7	/ 7	/ 7

After four weeks, the goal holding best:

The goal I need to shrink:

SIGNED

WRITTEN ON

NEXT · STEP 5 OF 7

Step 5: the four pillars.

Your three goals now have laws. Step 5 checks where they land — across the four places a man's life actually happens — and finds the one you've been leaving empty.

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