

THE BE THE MAN SYSTEM · WORKSHEET

What has stopped you so far?

You didn't fall short for lack of wanting it. Something stopped you — and it was probably the same thing every time.

This page names it. Not to shame you. You can't build around a wall you won't look at.

BEFORE YOU START

- Your three goals from Step 2.
- Name mechanisms, not people. Nobody gets blamed on this page.
- Twenty minutes. Specific days, times and places beat general feelings.

PART 1

The last three times

Pick one of your three goals. Write down the last three times you started it and stopped. The column that matters is the last one.

WHEN I STARTED	HOW LONG IT LASTED	WHAT HAPPENED THE DAY IT STOPPED
January 2	11 days	Worked late Thursday. Skipped Friday. Decided to restart Monday. Never did. EXAMPLE
1		
2		
3		

PART 2

The usual walls

Check every one that's true for you. On the right is the law that answers it — you'll build those in Step 4.

- | | |
|---|--------------|
| ☐ It depended on how I felt that day. There was no set time. | CLOCK LAW |
| ☐ One missed day turned into a missed month. | FAILURE LAW |
| ☐ I had too many goals and no order. | STEP 2 |
| ☐ My evenings had no decision in them, so my phone made it. | CLOCK LAW |
| ☐ I did it alone, and nobody noticed when I stopped. | EVIDENCE LAW |
| ☐ Under pressure, a habit I inherited took over. | CYCLES |
| ☐ I kept score with a story (“it's going okay”), not a number. | EVIDENCE LAW |
| ☐ I started too big and couldn't keep the size. | FAILURE LAW |
| ☐ I spent time or money it needed on something else first. | SOURCE LAW |

Something else: _____

PART 3

Name yours

Circle the one that shows up most. Now write it as a mechanism — what happens, then what you do. Not “I'm lazy.” A mechanism is something you can build around.

When _____

I _____

Example: When I miss one morning, I decide the week is ruined and wait for Monday.



PART 4

The trigger

Walls hit at the same time and place more often than men think. Find yours.

Day of the week: _____ Time of day: _____

Where I usually am: _____

What happened right before: _____

What I told myself in the moment: _____

PART 5 SOURCE LAW

What's true

Shame says you're the kind of man who quits. Find what scripture says about a man who falls and gets back up.

Verse _____

What it asks of me _____

If you need a place to start: Proverbs 24:16 · Romans 7:15–25 · Lamentations 3:22–23 · Hebrews 12:1



PART 6

Your first counter-move

You'll build the full system in Steps 4 through 6. For now, one move — decided before the wall shows up, not during it.

The next time _____

I will _____

instead of _____

I'll count how many of the next 7 days I did it: _____ / 7

NEXT · STEP 4 OF 7

Step 4: the laws of a system that holds.

Every wall you checked on page 2 has a law that answers it. Step 4 gives each of your three goals a time, a source, a written way to fail and a number.

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