

THE BE THE MAN SYSTEM · WORKSHEET

What type of man do you want to be?

Most men start with goals. That's why the goals don't hold. A goal with no man behind it is a wish with a deadline.

This page comes first. Every goal you set in Step 2 gets checked against the man you describe here.

BEFORE YOU START

- Twenty minutes. One sitting.
- A pen, not your phone.
- Write what's true, not what sounds good. Nobody reads this but you.

"I meant it every single time, and I changed nothing — for years."

BRIAN GREENE

PART 1 CYCLES

Where you're starting

Three things you inherited that you never agreed to.

A temper. A silence. A way of handling money. A way of leaving. Name the behavior, not the person.

1

2

3

PART 2

The man you want to be

A. Picture the people in your house ten years from now, describing you to someone who has never met you. Write down every word you want them to use. Don't edit yet.

B. Now cut it to five. For each one, write what it looks like on an ordinary Tuesday, and how they would know it without you ever saying it.

ATTRIBUTE	ON AN ORDINARY TUESDAY, IT LOOKS LIKE	THEY'D KNOW WITHOUT ME SAYING IT BECAUSE
Present	Phone in the drawer from 6:30 to 8:30 every weeknight.	My kids stop asking "are you listening?"
1		
2		
3		
4		
5		

EXAMPLE



PART 3 SOURCE LAW

The standard

The standard is scripture, not mood. Which verse describes the man on page 2?

VERSE _____

WHAT IT ASKS OF ME _____

If you need a place to start: Micah 6:8 · Psalm 101:2 · 1 Corinthians 16:13–14 · Joshua 24:15

PART 4

Your vision statement

Use three of your five. Write it so a stranger would understand it — and so you'd be uncomfortable reading it on a day you didn't live it.

I am becoming a man who _____
_____, _____ and _____
so that _____

Example: I am becoming a man who is present, steady and honest with money, so that my children never have to guess which version of me is coming home.

FIRST DRAFT

FINAL — THE ONE YOU'LL READ EVERY DAY



PART 5

Make it a system

A vision statement in a drawer is a wish. Give it a time, a place, and a written way to fail.

THE CLOCK LAW

I will read it every day at _____ in / at _____

WHERE IT LIVES

Taped where I can't miss it: _____

THE FAILURE LAW

I'll know I've drifted from this man when _____

THE EVIDENCE LAW

Every _____ I'll count how many of the last seven days I read it: ____ / 7

Four out of seven is four out of seven. Write the number, not the story.

SIGNED

WRITTEN ON

NEXT · STEP 2 OF 7

Step 2 is your goals. Three, not ten.

Don't start it until this page is finished. Every goal you set gets checked against the man you just described — if it doesn't make you more like him, it's somebody else's goal.

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