
EARN IT

1000

What This Action Guide Is and How to Use It

This EARN IT 100 Action Guide exists for one reason.

To help you **EARN IT** through daily execution.

It is not designed to inspire you. It is not designed to motivate you. It is not designed to make you feel good about effort that never turns into results. This workbook exists to show you the truth about how you are living, how you are performing, and whether or not your actions match the man you say you want to become.

This is an Elite Level performance tool.

If you use it correctly, it will remove confusion. It will remove excuses. It will show you patterns you cannot see while you are living inside them. It will expose where you are consistent and where you are avoiding responsibility. It will also show you exactly what needs to be corrected.

This action guide is meant to be written in daily.

If you skip pages, rush entries, inflate scores, or avoid difficult questions, this action guide will lose its value. **It only works when you tell the truth.**

This Is Not a Planner

A planner tells you what you intend to do.
This shows you what you actually did.

There is a difference.

You can intend to train and not train.
You can intend to focus and stay distracted.
You can intend to be disciplined and still choose comfort.
This workbook tracks behavior, not intention.

Every page is designed to capture action, execution quality, and consistency. Over time, the data you record will reveal patterns. Those patterns will either confirm that you are living at a higher standard or prove that you are repeating the same mistakes.

How This Action Guide Is Structured

This is built around three arenas that determine the quality of a man's life.

The Battleground.

The Boardroom.

The Base.

Every day, you will record your performance in each arena separately. You will not combine them. You will not blur them. Each arena has its own responsibility and its own standard.

Each week, you will review those daily entries to identify wins, losses, and fixes.

At the halfway point you will complete a deeper review to identify trends and adjust your execution.

At the end of the challenge, you will complete a full audit that tells you exactly who you became through your actions.

How to Use This Action Guide Correctly

This Action Guide should be used every day.

Do not batch days.

Do not fill pages out days later.

Do not guess.

Write your entries the same day they occur.

Scores should be EARNED, not given. If a day was average, score it as average. If you skipped standards, mark it honestly. Inflated scores destroy the usefulness of this system.

Reviews should be done slowly. Reviews are not something to rush through. They exist to force clarity and correction.

The Standard Required

This Action Guide assumes one thing.

You are willing to hold yourself accountable.

No one will check this for you. No one will grade this for you. The only thing that gives this workbook power is your willingness to tell the truth and correct what is broken.

If you do that, this workbook will change how you operate.

If you do not, it will become another unused notebook.

The choice is yours.

UPGRADE TO THE ARMORY

The EARN IT Armory gives you lifetime access to the books, tools, training programs, and systems designed to support elite performance physically, professionally, and personally. It removes guesswork by giving you proven resources aligned with the Battleground, Boardroom, and Base, so you always know what to execute.

The Armory is not required to complete EARN IT 100, but it gives you everything you need to execute at a higher level during the 100 days and continue building long after they are complete.

EARNITARMORY.COM

INTRODUCTION

EARN IT is a way of operating.

At its core, **EARN IT** is built on a simple truth that most men already know but rarely live by consistently. The quality of your life is a direct result of what you do every day. Not what you plan to do. Not what you talk about. Not what you intend to do when things calm down. What you actually do.

This system exists to close the gap between who you say you want to be and how you are currently living.

Most men do not fail because they lack information. They fail because they lack structure, standards, and consistent execution. **EARN IT** addresses that problem directly by removing ambiguity and replacing it with clarity, tracking, and accountability.

Results Are **EARNED** Through Repetition

EARN IT rejects the idea that progress comes from singular moments of motivation or inspiration. Real progress is built through repetition. The same disciplined actions performed again and again over long periods of time.

Strength is built through repeated training.

Professional success is built through repeated execution.

Confidence and self respect are built through repeated follow through.

This **EARN IT** 100 day action guide exists to track that repetition.

Every daily page is designed to capture what you did, how well you did it, and whether or not your actions matched the standard you set for yourself. Over time, this creates a record that cannot be argued with.

You do not need to guess whether you are improving.

The pages will show you.

Standards Over Goals

Goals have an end point.
Standards define how you live.

A goal can be hit and forgotten. A standard must be lived daily.

EARN IT is built around standards because standards remove negotiation. They eliminate daily debates about whether or not you feel like doing the work. When a standard exists, the decision is already made.

This action guide is not designed to help you chase goals. It is designed to help you define standards and then live up to them through daily execution.

The standards you set in the early pages of this workbook are not aspirations. They are commitments. Everything that follows is designed to test whether or not you are honoring those commitments.

Identity Is Built Through Action

EARN IT is an identity-based system.

Identity is not what you claim.
Identity is what you prove.

Every action you take either reinforces the man you are becoming or strengthens the man you say you want to leave behind. There is no neutral ground.

This Action Guide forces you to confront that reality daily.

You will rate your performance.
You will review your behavior.
You will identify patterns.
You will correct what is broken.

Over time, the identity you want stops being theoretical and starts becoming visible through consistent behavior.

The Three Arenas That Define a Man's Life

EARN IT organizes life into three arenas because most men struggle when one area is neglected while another is overemphasized.

You can be physically strong and professionally undisciplined.

You can be successful at work and personally unstable.

You can be structured personally but physically neglected.

The **EARN IT** system addresses this by requiring attention, effort, and accountability across all three arenas every day.

Those arenas are:

The Battleground

The Boardroom

The Base

Each arena has a different responsibility. Each requires different actions. Each must be tracked independently.

This action guide ensures none of them are ignored.

What Is Required of You

This action guide requires honesty.

If you lie on these pages, you are only lying to yourself. If you inflate scores or avoid difficult questions, the system breaks.

It also requires patience.

Progress will not show up overnight. Patterns take time to reveal themselves. Corrections take time to compound.

Finally, it requires ownership.

No one is coming to fix this for you. No one else is responsible for the results recorded in this book. This system puts the responsibility exactly where it belongs.

On **YOU**.

THE EARN IT 100
ONBOARDING

EARNIT
GREATNESS NOT GIVEN

WELCOME TO EARN IT 100

EARN IT 100 is a 100-day personal operating system built around daily execution in three arenas:

- **The Battleground:** Physical capability.
- **The Boardroom:** Professional output.
- **The Base:** Personal structure and identity.

This is not a fitness challenge.

This is not a motivational book.

This is not a personal development program.

This is not a business master class.

This is a standards and Identity transformation framework.

Step 1. Understand the Commitment

Before Day 1 begins, understand this clearly:

- This program requires daily action for 100 consecutive days
- You will train, execute, and reflect every single day
- There are no rest days
- There are no partial passes
- There are no exceptions

If you are not willing to restart at Day 1 when you fail, do not begin.

Step 2. Review the Daily Non-Negotiables

You are responsible for knowing the rules.

Every day requires successful execution in all three arenas:

- **Battleground:** Two training sessions plus nutrition and tracking
- **Boardroom:** Priority control, focused execution, and professional progress
- **Base:** Structure, personal development, standards enforcement, and reflection

If any arena fails, the day fails.

Step 3. Prepare Your Tools Before Day 1

Before starting, make sure you have:

- Your training plan or access to training equipment
- A clear understanding of your nutrition standards
- A daily schedule that supports two training sessions
- A system to complete daily reports for all three arenas
- A quiet place for reflection and planning

Preparation is part of EARNING IT.

Step 4. Set Your Start Date Intentionally

- Do not start casually.
- Choose a start date where you can commit fully.
- Mark it clearly.
- Tell no one who will try to talk you out of it.
- This program rewards seriousness.

Step 5. Execute Daily Without Negotiation

Every day follows the same standard:

- Execute the work
- Complete the reports
- Answer the question honestly, “Did I EARN IT today?”

If the answer is no, the program resets.

Step 6. Complete The Assessments

Every week, at week 7, and week 14.

- Complete the full Assessments
- Review patterns honestly
- Correct weaknesses
- Recommit to the next phase

Skipping an assessment is considered a failure.

Step 7. Finish With Proof, Not Pride

Completion of EARN IT 100 means:

- You did not negotiate standards
- You did not hide from failures
- You did not skip hard days
- You built proof through daily action

There is no prize for starting. There is only respect and results for finishing.

Final Reminder

EARN IT 100 is not about intensity for a week.

It is about consistency for 100 days.

Do the work.

Tell the truth.

EARN the result.

UPGRADE TO THE ARMORY

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THE 3 EARN IT ARENAS

The next sections break life down into three distinct arenas that determine the strength, stability, and direction of a man's life. Each arena carries a specific responsibility. Each requires a different kind of discipline. And each must be addressed consistently if progress is going to last.

You will work through the Battleground, the Boardroom, and the Base one at a time. For each arena, you will first gain a clear understanding of what it represents and the role it plays in your life. Immediately following that, you will complete a detailed self assessment to establish your current baseline. Only after that baseline is clear will you define the standards you will live by for the year ahead.

This sequence is intentional. Understanding creates clarity. Clarity allows honesty. Honesty makes standards meaningful.

Do not rush these sections. Take your time. Write more than you think you need. The depth of your answers here will determine the accuracy of your standards and the effectiveness of everything that follows in this workbook.

Once you move past these pages, execution begins.

THE EARN IT
BATTLEGROUND

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THE BATTLEGROUND

The Physical Foundation

The Battleground represents your physical body and everything that supports it. Strength, conditioning, endurance, nutrition, recovery, sleep, and energy all live here.

This arena is the foundation that every other part of your life is built on. When it is strong, everything else becomes easier to execute. When it is weak or neglected, every other arena suffers whether you acknowledge it or not.

The Battleground is not about aesthetics. It is not about chasing a specific number on the scale or training for attention. It is about building a body that can handle pressure, stress, long days, and responsibility without breaking down.

A man who neglects his body eventually pays for it in focus, patience, confidence, and consistency.

The Responsibility of the Battleground

Your body is the tool you use to execute your life.

Every meeting you attend, every decision you make, every responsibility you carry is filtered through your physical state. Low energy leads to poor decisions. Poor recovery leads to short tempers. Inconsistent training leads to fragile confidence.

The Battleground carries one core responsibility.
To support everything else you are trying to build.

That support comes from daily movement, intentional training, disciplined nutrition, and consistent recovery. None of these require perfection. They require reliability.

The Battleground is not something you visit when convenient. It is something you maintain daily, even when time is tight and motivation is low.

Strength as a Baseline Requirement

Strength is more than physical capability. It is psychological reinforcement.

When you train consistently, you prove to yourself that you can do hard things even when you would rather not. That proof carries over into work, relationships, and discipline.

A weak body creates hesitation. A strong body creates confidence.

The Battleground does not demand elite athletic performance. It demands that you maintain a level of strength and conditioning that allows you to move through life without fatigue controlling your decisions.

Training here is about effort, intent, and consistency.

Conditioning, Endurance, and Stress Tolerance

Conditioning is your ability to sustain effort over time.

This applies physically and mentally. When conditioning is neglected, stress feels heavier. Tasks feel more draining. Recovery takes longer. Small problems feel overwhelming.

Conditioning builds resilience. It gives you the ability to stay calm under pressure and continue executing when the day gets heavy.

The Battleground includes conditioning work not as punishment, but as preparation. Life does not operate in short bursts only. It requires sustained effort. Your body must be trained accordingly.

Nutrition as Daily Discipline

Nutrition in the Battleground is not about rules. It is about discipline.

What you eat every day either supports your performance or undermines it. Poor nutrition choices do not only affect your body. They affect your focus, mood, and recovery.

Discipline here means making intentional decisions consistently, not chasing perfection. It means understanding that daily choices compound over time.

The Battleground does not require a specific diet. It requires awareness, honesty, and control.

Recovery and Sleep as Performance Multipliers

Recovery is not optional. It is part of execution.

Sleep, mobility, hydration, and stress management determine how well you can show up the next day. A man who ignores recovery slowly erodes his ability to perform, even if he continues training hard.

The Battleground demands that you respect recovery as seriously as training. This includes sleep quality, sleep consistency, and giving your body the time it needs to reset.

Poor recovery eventually exposes itself in injury, burnout, and inconsistency.

The Cost of Neglecting the Battleground

Neglecting this arena does not fail loudly at first. It shows up quietly.

- You wake up tired more often.
- You rely on stimulants to function.
- You feel reactive instead of steady.
- You lose patience faster.
- You skip training more easily.

Over time, neglect turns into limitation. What used to feel manageable starts to feel difficult. Confidence erodes. Discipline slips. Execution suffers.

The Battleground exists to prevent that slow decline.

The Benefits of Owning the Battleground

When the Battleground is handled consistently, the results extend far beyond physical appearance.

You have more energy throughout the day.
You handle stress with more control.
You show up more confidently.
You recover faster from setbacks.
You trust yourself more.

This arena creates margin. That margin gives you options.
Options give you control.

The Battleground Standard

The standard in this arena is simple.

You train with intent.
You eat with discipline.
You recover consistently.

You do not negotiate these when life gets busy. You adjust intensity when needed, but you do not abandon the work.

The Battleground does not ask for perfection. It asks for honesty and consistency.

How the Battleground Is Tracked in This Workbook

This workbook separates the Battleground from the rest of your life intentionally.

Each day, you will record your training, nutrition, recovery, and effort level. You will rate your performance honestly. You will review patterns weekly and monthly.

Over time, this creates clarity.

You will know exactly how often you train.
You will see how nutrition choices affect energy.
You will recognize when recovery is slipping.

This data gives you the power to correct instead of guess.

SECTION 2: Training Consistency and Structure

Current Training Frequency

How many days per week do you currently train?

- 0
- 1-2
- 3-4
- 5-6
- 7

How long is your average training session?

- Under 30 minutes
- 30–45 minutes
- 45–60 minutes
- 60–75 minutes
- 75+ minutes

Consistency Rating (1–5):

How reliable are you week to week? 1 = not consistent. 5 = always consistent.

- 1 2 3 4 5

Type of Training You Currently Do

Check all that apply and add details.

Weight Training

How many times per week?

Conditioning

What type? Running, biking, circuits, rowing, other

How many times per week?

Cardio

Steady state or intervals?

Duration per session?

Mobility or recovery work

How often?

Other physical activity

Describe:

Training Structure Rating (1–5):

Is your training intentional or random? 1= random. 5 = intentional.

1 2 3 4 5

SECTION 3: Training Intensity and Effort

When you train, how hard do you usually push?

Describe your typical effort level.

Intensity Rating (1–5):

1 = Minimal effort

5 = Fully engaged and uncomfortable

1 2 3 4 5

How often do you train distracted or rushed?

- Never
- Occasionally
- Frequently
- Almost always

SECTION 4: Conditioning and Work Capacity

How would you describe your conditioning right now?

Shortness of breath, stamina, ability to sustain effort.

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Conditioning Rating (1–5):

- 1 2 3 4 5

Can you handle physically demanding days without crashing afterward?

- Yes
- Sometimes
- No

Explain:

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SECTION 5: Nutrition Daily Reality

What You Eat

Be specific. Write what a normal day looks like.

Breakfast:

What do you usually eat? How often do you skip it?

Lunch:

What do you usually eat? Where does it come from?

Dinner:

What do you usually eat? Portion size?

Snacks:

What do you snack on and how often?

Beverages:

Water intake per day? Coffee, energy drinks, alcohol?

Nutrition Discipline

Nutrition Consistency Rating (1–5):

How consistent are your choices day to day?

1 2 3 4 5

How often do you eat reactively or emotionally?

- Never
- Occasionally
- Frequently
- Daily

SECTION 6: Recovery and Sleep

Sleep Habits

Average bedtime:

Average wake time:

Average hours of sleep per night:

Sleep Quality Rating (1–5):

1 2 3 4 5

Do you wake up feeling rested?

- Yes
- Sometimes
- Rarely

Explain:

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Recovery Practices

Check all that apply.

- Stretching or mobility
- Walking
- Breathing work
- Deload or recovery days
- None

Recovery Consistency Rating (1–5):

1 2 3 4 5

SECTION 7: Energy and Daily Performance

How would you rate your daily energy levels? (1–5):

Morning: 1 2 3 4 5

Midday: 1 2 3 4 5

Evening: 1 2 3 4 5

Do energy crashes affect your focus or patience?

- Yes
- Sometimes
- No

Explain:

SECTION 8: Injuries, Limitations, and Red Flags

Current injuries or pain points:

Location, severity, duration.

Movements you avoid or struggle with:

Have injuries or pain limited your consistency?

- Yes
 Sometimes
 No

SECTION 9: Honest Self Evaluation

Biggest physical strength right now:

Biggest physical weakness right now:

One habit that is helping your physical performance:

One habit that is hurting your physical performance:

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SECTION 10: Battleground Summary Score

Rate yourself honestly based on everything above.

Training Consistency:	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>
Training Intensity:	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>
Nutrition Discipline:	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>
Recovery and Sleep:	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>
Energy and Conditioning:	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>

Overall Battleground Score: 1-25

FINAL REFLECTION

If nothing changes, where will my physical condition be in 12 months?

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What must improve first in the Battleground for everything else to get easier?

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THE EARN IT
BOARDROOM

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GREATNESS NOT GIVEN

THE BOARDROOM

Professional Execution and Output

The Boardroom represents your professional life. Your work. Your career. Your business. Your leadership. Your ability to execute consistently and produce results that make an impact.

This arena is not about titles or appearances. It is about output. What you create. What you complete. What you move forward.

A man can work long hours and still perform poorly in the Boardroom. Activity does not equal execution. Being busy does not mean you are effective.

The Boardroom exists to separate motion from progress.

The Responsibility of the Boardroom

The Boardroom carries one clear responsibility.

To produce results through focused execution.

This includes how you plan your days, how you prioritize tasks, how you manage time, and how consistently you follow through. It includes your ability to make decisions, communicate clearly, and stay accountable for outcomes.

Whether you are an employee, a leader, or a business owner, the responsibility does not change. You are accountable for how you use your time and what that time produces.

The Boardroom does not reward effort alone.
It rewards completion and consistency.

Focus as a Professional Skill

Focus is not a personality trait. It is a skill that must be trained.

Distraction erodes performance slowly. Notifications, unnecessary meetings, constant context switching, and reactive behavior all chip away at your ability to produce meaningful work.

The Boardroom demands that you protect focus intentionally. This means deciding in advance what matters most and defending time for that work. When focus is weak, days feel full but progress feels slow. When focus is strong, even limited time produces measurable results.

Priorities Over Tasks

Most men operate with long task lists and vague priorities.

The Boardroom rejects that approach.

Execution improves when priorities are clear and limited. Knowing what must move forward today allows you to ignore everything else without guilt.

This arena demands that you identify a small number of outcomes that matter and organize your work around them. Tasks exist to support priorities, not the other way around.

When priorities are unclear, distraction fills the gap.

Decision Making and Follow Through

Indecision is one of the most common forms of professional underperformance.

Delaying decisions, revisiting the same issues repeatedly, or waiting for perfect conditions all create drag. The Boardroom requires timely decisions and forward motion.

This does not mean reckless action. It means gathering enough information to move forward and then committing to the next step.

Follow through completes the loop. Decisions without execution do nothing. The Boardroom tracks both.

Time as a Finite Resource

Time is the one resource you do not get more of. The Boardroom treats time with respect. It is planned, protected, and reviewed. Unstructured time is where distraction thrives. Structured time creates momentum.

This arena demands awareness of how your days are actually spent. Not how you think they are spent.

This workbook will force you to record work blocks, priorities, and execution quality so time use becomes visible instead of assumed.

Professional Growth and Responsibility

The Boardroom includes growth.

Learning new skills, improving communication, strengthening leadership, and increasing responsibility are all part of professional execution. Growth is not accidental. It is intentional.

This arena requires that you take ownership of your development instead of waiting for opportunity to appear. Waiting keeps men stuck. Preparation creates leverage.

The Cost of Neglecting the Boardroom

Neglect in this arena often hides behind long hours and constant activity.

It shows up as missed deadlines.

Unfinished projects.

Reactive workdays.

Avoided decisions.

Frustration without clarity.

Over time, neglect leads to stalled progress, reduced income, limited opportunity, and erosion of confidence.

The Boardroom exists to prevent drift by forcing structure and accountability.

The Benefits of Owning the Boardroom

When the Boardroom is handled well, work becomes simpler and more predictable.

You know what is most important each day.
You complete meaningful work consistently.
You reduce stress by eliminating confusion.
You build trust with others through reliability.
You increase income and opportunity through results.

Professional confidence is built by proving to yourself that you can execute under pressure.

The Boardroom Standard

The standard in this arena is clear.

You define priorities before the day begins.
You protect time for focused work.
You execute what you commit to.
You review performance honestly.

You do not confuse activity with progress. You do not wait for motivation.
You operate with intention.

How the Boardroom Is Tracked in This Workbook

This workbook isolates the Boardroom so performance cannot hide behind busyness.

Each day, you will define priorities.
You will record work blocks.
You will rate execution quality.
You will review results weekly and monthly.

Patterns will become obvious.

You will see where focus breaks down.
You will see where follow through slips.
You will see where time is being wasted.

That clarity allows correction.

BOARDROOM SELF ASSESSMENT

Establishing Your Professional Baseline

This assessment is designed to document your current professional reality in detail. This is not about ambition or future plans. This is about how you are operating today.

Answer every question honestly. Write more than you think you need. The more specific you are here, the easier it will be to raise standards and track progress over the year ahead.

SECTION 1: Current Professional Snapshot

Current Job Title or Role:

Write your exact title or description.

Company or Business Name:

If self employed, write the name of your business.

Industry:

Years in This Role or Business:

Primary Responsibilities:

List everything you are responsible for on a regular basis.

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Who Do You Report To?

If applicable.

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Who Reports To You?

List roles or number of people.

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SECTION 2: Income and Professional Output

Current Annual Income:

- Salary
- Hourly
- Commission
- Business owner income

Amount:

Is your income stable, growing, or inconsistent?

Explain.

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Does your income reflect your effort and responsibility level?

- Yes
- Somewhat
- No

Explain why.

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Income Satisfaction Rating (1–5):

- 1 2 3 4 5

SECTION 3: Daily Work Structure

Typical Workday Start Time:

Typical Workday End Time:

How many hours per day do you work on average?

How structured are your workdays?

Describe whether days are planned or reactive.

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Workday Structure Rating (1–5):

- 1 2 3 4 5

SECTION 4: Priority Clarity

Do you clearly define your top priorities each day?

- Always
- Sometimes
- Rarely

How many true priorities do you usually focus on per day?

- 1
- 2
- 3
- More than 3

Do you often confuse urgent tasks with important work?

- Yes
- Sometimes
- No

Priority Clarity Rating (1–5):

1 2 3 4 5

SECTION 5: Focus and Distraction

What distracts you most during the workday?

Phone, email, meetings, people, lack of clarity, other.

How often do you multitask?

- Never
- Occasionally
- Frequently
- Constantly

Do you protect time for focused work?

- Yes
- Sometimes
- No

Focus Quality Rating (1–5):

- 1 2 3 4 5
-

SECTION 6: Execution and Follow Through

How often do you complete what you commit to?

- Almost always
- Often
- Inconsistently
- Rarely

Do projects tend to finish on time?

- Yes
- Sometimes
- No

What causes most unfinished work?

Distraction, overcommitment, lack of clarity, avoidance, other.

Execution Consistency Rating (1–5):

1 2 3 4 5

SECTION 7: Decision Making

How comfortable are you making decisions quickly?

- Very comfortable
- Somewhat comfortable
- Hesitant

Do you revisit the same decisions repeatedly?

- Yes
- Sometimes
- No

Decision Making Rating (1–5):

1 2 3 4 5

SECTION 8: Time Use Reality Check

Estimate how your work time is actually spent each week.

- Deep focused work: %
- Meetings: %
- Email and messages: %
- Administrative tasks: %
- Distraction or reactive work: %

Does this match how you want your time spent?

Yes

No

Explain:

SECTION 9: Professional and Development

What skills are you actively developing right now?

How often do you invest time in professional learning?

Daily

Weekly

Monthly

Rarely

Growth Consistency Rating (1–5):

1 2 3 4 5

SECTION 10: Stress, Pressure, and Performance

How would you rate your current work related stress? (1–5):

1 = Minimal

5 = Constant

1 2 3 4 5

Does stress affect your decision making or patience?

- Yes
- Sometimes
- No

Explain:



SECTION 11: Honest Self Evaluation

Biggest professional strength right now:

Biggest professional weakness right now:

One habit that supports your professional performance:

One habit that undermines your professional performance:

SECTION 12: Boardroom Summary Score

Rate yourself honestly based on everything above.

Priority Clarity: 1 2 3 4 5

Focus and Attention: 1 2 3 4 5

Execution and Follow Through: 1 2 3 4 5

Decision Making: 1 2 3 4 5

Professional Growth: 1 2 3 4 5

Overall Boardroom Score: 1-25

FINAL REFLECTION

If nothing changes, where will my professional situation be in 12 months?

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What must improve first in the Boardroom to increase income, opportunity, or control?

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THE EARN IT
BASE

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GREATNESS NOT GIVEN

THE BASE

Structure, Discipline, and Identity

The Base represents the underlying structure of your life. It is where habits live. It is where routines are built. It is where discipline is either reinforced or slowly eroded.

This arena is not visible from the outside in the same way as physical strength or professional success. But it is the arena that determines whether those other two can be sustained.

The Base is where you become reliable to yourself.

The Role of the Base

The Base exists to create stability.

Without structure, everything becomes reactive. Days start late. Priorities blur. Emotions dictate decisions. Consistency disappears.

The Base provides order in a world that constantly pushes toward distraction and chaos. It creates a framework for how you start your day, how you move through it, and how you shut it down.

Men who struggle in this arena often feel scattered. They rely on motivation instead of discipline. They perform well when conditions are ideal and fall apart when pressure increases.

The Base exists to remove that volatility.

Discipline as a Daily Practice

Discipline is not a trait you either have or do not have. It is a behavior that is practiced daily.

Every time you follow through on a routine, complete a habit, or honor a commitment when it would be easier not to, discipline is reinforced. Every time you skip those actions without consequence, discipline weakens.

The Base demands that discipline be practiced in small, repeatable ways. This includes waking up on time, completing personal development, following routines, and closing out the day intentionally.

Small actions repeated daily shape identity more than occasional bursts of effort.

Habits and Routines as Identity Reinforcement

Habits are how identity becomes real.

You do not become disciplined by declaring it. You become disciplined by doing disciplined things repeatedly.

The Base focuses on habits that reinforce structure and personal responsibility. Morning routines, evening shutdowns, planning sessions, reflection, and learning all live here.

These routines remove decision fatigue. They reduce emotional reactivity. They create consistency even when life feels unpredictable.

A man with strong routines does not need to rely on willpower as often. His structure carries him forward.

Personal Development as Responsibility

Personal development in the Base is not motivational content consumption. It is intentional learning and reflection that improves how you think, decide, and act.

This may include reading, writing, listening, planning, or reviewing performance. The format matters less than the consistency and application.

The Base requires that personal development lead to better decisions and stronger execution. Information without application is entertainment.

This arena demands that learning translate into behavior.

Emotional Control and Internal Standards

The Base is also where emotional control is developed.

Life applies pressure. Stress, frustration, uncertainty, and setbacks are unavoidable. How you respond to those moments is shaped by your internal standards.

When the Base is weak, emotions dictate behavior. Decisions become reactive. Discipline fades under stress.

When the Base is strong, emotions are acknowledged but not obeyed. Actions remain aligned with standards even when feelings fluctuate.

This arena trains restraint, patience, and composure through daily structure and reflection.

The Cost of Neglecting the Base

Neglect in this arena often looks harmless at first.

Routines get skipped.
Reflection is avoided.
Planning becomes inconsistent.
Personal development fades.

Over time, this creates instability. Focus weakens. Discipline erodes. Emotional reactions increase. The other arenas begin to suffer.

A man may continue training or working hard for a while, but without structure, inconsistency eventually catches up.

The Base exists to prevent that slow breakdown.

The Benefits of Owning the Base

When the Base is handled consistently, everything else becomes easier to sustain.

You start days with clarity.
You respond instead of react.
You recover faster from setbacks.
You maintain discipline under pressure.
You trust yourself more.

This arena creates internal stability. That stability allows you to execute reliably in the Battleground and Boardroom.

The Base Standard

The standard in this arena is simple.

You live with structure.

You practice discipline daily.

You invest in personal development consistently.

You reflect and correct regularly.

You do not wait until life slows down. You build structure so you can handle life when it speeds up.

How the Base Is Tracked in This Workbook

The workbook tracks the Base separately to ensure it is not ignored.

Each day, you will record personal development, routines, and reflection. You will rate discipline and consistency honestly.

Weekly, monthly, quarterly, and annual reviews will reveal whether structure is strengthening or slipping.

The data removes excuses. It shows patterns clearly.

BASE SELF ASSESSMENT

Establishing Your Structure, Discipline, and Identity Baseline

This assessment documents how you are currently living at the foundational level. The Base determines whether discipline holds under pressure or collapses when life gets uncomfortable.

Answer every question honestly. Avoid general statements. Write specifics. This is about patterns, not isolated good days.

SECTION 1: Daily Structure Reality

Do your days follow a consistent structure?

Describe what a typical weekday looks like from wake up to bedtime.

How predictable are your days overall?

- Very predictable
- Somewhat predictable
- Mostly reactive
- Completely reactive

Structure Consistency Rating (1–5):

1 2 3 4 5

SECTION 2: Morning Routine

Do you currently have a morning routine?

Yes

No

If yes, describe it step by step.

How often do you complete your morning routine as intended?

Every day

Most days

Occasionally

Rarely

Does your morning routine set the tone for discipline and focus?

Yes

Sometimes

No

Explain:

Morning Routine Consistency Rating (1–5):

1 2 3 4 5

SECTION 3: Evening Shutdown and Reflection

Do you have an intentional evening routine or shutdown process?

Yes

No

Describe what you currently do.

Do you reflect on your day in any way?

Writing, reviewing, planning, or thinking intentionally.

Evening Structure Rating (1–5):

1 2 3 4 5

SECTION 4: Habits and Daily Discipline

List your current daily habits.

Good and bad. Be specific.

How consistent are you with the habits you say matter most?

- Very consistent
- Somewhat consistent
- Inconsistent
- Rarely consistent

What habit do you break first when pressure increases?

.....

.....

.....

Habit Consistency Rating (1–5):

- 1 2 3 4 5

SECTION 5: Personal Development Practices

Do you actively invest in personal development?

- Yes
- No

If yes, list what you do. Reading, writing, audio, planning, learning.

.....

.....

How often do you engage in personal development?

- Daily
- Weekly
- Monthly
- Rarely

Do you apply what you learn consistently?

Yes

Sometimes

No

Personal Development Consistency Rating (1–5):

1 2 3 4 5

SECTION 6: Discipline Under Pressure

When you feel tired, stressed, or overwhelmed, how do you typically respond?
Describe honestly.

.....

.....

Do you tend to relax standards when things get hard?

Yes

Sometimes

No

Discipline Reliability Rating (1–5):

1 2 3 4 5

SECTION 7: Emotional Control and Response

What situations trigger frustration, impatience, or emotional reactions for you?

.....

.....

.....

When emotions rise, do they influence your actions or decisions?

- Often
- Sometimes
- Rarely

Do you have a process for pausing before reacting?

- Yes
- No

Describe if applicable.

Emotional Control Rating (1–5):

- 1 2 3 4 5

SECTION 8: Standards and Self Respect

Do you have clearly defined personal standards right now?

- Yes
- Somewhat
- No

Describe them if they exist.

How often do you violate your own standards?

Rarely

Sometimes

Frequently

Self Respect Consistency Rating (1–5):

1 2 3 4 5

SECTION 9: Identity and Self Perception

How would you describe yourself right now as a man?

Write freely. Be Honest.

.....

.....

.....

.....

What behaviors support this identity?

.....

.....

.....

.....

What behaviors contradict it?

.....

.....

.....

.....

SECTION 10: Honest Self Evaluation

Biggest strength in your personal structure right now:

Biggest weakness in your personal structure right now:

One habit that reinforces discipline and identity:

One habit that undermines discipline and identity:

SECTION 11: Base Summary Score

Rate yourself honestly based on everything above.

Daily Structure: 1 2 3 4 5

Habit Consistency: 1 2 3 4 5

Personal Development: 1 2 3 4 5

Discipline Under Pressure: 1 2 3 4 5

Emotional Control: 1 2 3 4 5

Overall Base Score: 1-25

FINAL REFLECTION

If nothing changes, what kind of man will I be one year from now?

What must improve first in my Base to stabilize everything else?

THE EARN IT 100
OPERATING SYSTEM

EARNIT
GREATNESS NOT GIVEN

THE BATTLEGROUND

Physical Responsibility and Proof

To EARN IT on the Battleground, all of the following must be completed every day for 100 days. There are no rest days. Recovery is managed through intensity, not avoidance.

1. Two Training Sessions Every Day

Both sessions are required.

Session One: Strength Training

- Minimum 30 minutes
- Must be intentional strength work
- Barbell, dumbbell, machines, bands, or bodyweight
- Logged as a strength session
- High Intensity Effort is required.

Session Two: Conditioning

- Minimum 15 minutes
- Purpose is cardiovascular output and work capacity
- Acceptable options:
 - Fast walking
 - Loaded carries
 - Cycling
 - Rowing
 - Running
 - Circuits
 - Jump Rope

2. Timing Rules

- Sessions may be completed separately at different times of day or completed back-to-back
- Both sessions must be completed the same calendar day
- Splitting sessions into fragments does not count

3. Nutrition Discipline

- All meals must be logged
- Protein prioritized
- No Processed food
- No added sugars
- Eat like a man, not a child

4. Hydration Tracked

- Daily hydration - minimum 1 gallon of water

5. Battleground Daily Report Completed

- Sleep logged
- Training sessions described
- Meals recorded
- Intensity noted
- Daily Battleground Score (1–5)
- “Did I EARN IT on the Battleground today?” must be YES

FAILURE CONDITIONS

You fail the day if:

- One training session is missed
- Strength training is under 30 minutes
- Conditioning is under 15 minutes
- Nutrition rules are broken
- The daily report is not completed

THE BATTLEGROUND

Date: / /

Daily Physical Performance, Health, Recovery, Intensity

Track physical output, nutrition discipline, recovery quality, and effort intensity.
This is where the man proves he is physically capable and prepared.

Wake Time:

Hours Slept:

Sleep Quality: (1-5)

Training Session #1

Type: Strength Conditioning Mobility Recovery Other

Describe The Workout Performed:

.....
.....
.....

Duration: _____ minutes Intensity: (1-5) _____

Training Session #2

Type: Strength Conditioning Mobility Recovery Other

Describe The Workout Performed:

.....
.....
.....

Duration: _____ minutes Intensity: (1-5) _____

Meal #1

What Did I Eat?:

.....
.....

Macros (grams): Protein: _____ Carbs: _____ Fats: _____

Nutrition Quality (1-5): 1 2 3 4 5

Meal #2

What Did I Eat?:

.....

.....

Macros (grams): **Protein:** _____ **Carbs:** _____ **Fats:** _____

Nutrition Quality (1-5): 1 2 3 4 5

Meal #3

What Did I Eat?:

.....

.....

Macros (grams): **Protein:** _____ **Carbs:** _____ **Fats:** _____

Nutrition Quality (1-5): 1 2 3 4 5

Snacks and Hydration

What Did I Eat?:

.....

.....

Macros (grams): **Protein:** _____ **Carbs:** _____ **Fats:** _____

Hydration Check: Poor Fair Good Excellent

Battleground After Action Report

Did I EARN IT on the Battleground today? Yes No

Why or Why Not?

One Physical Win Today:

One Area to Improve Tomorrow:

Battleground Score (1–5):

1 2 3 4 5

THE BOARDROOM

Professional Responsibility and Proof

To EARN IT in the Boardroom, all of the following must be completed every day for 100 days. Replace activity with output. Replace intention with execution. This arena exists to force daily professional progress, not planning theater. You do not “feel productive.” You prove it.

1. Daily Priority Control

Before work begins, you must define:

- Top 3 Priorities for the Day
- These must be high-impact actions
- They must move something forward

Acceptable examples:

- Revenue generation
- Client delivery
- Leadership actions
- Strategic build work
- Skill development tied to output

Unacceptable examples:

- Inbox clearing
- Busy admin
- Reactive fire drills
- “Catching up”

2. Minimum One Deep Execution Block

- At least one uninterrupted work block
- Minimum standard of 90 minutes required
- No distractions. Phone down, notifications off.

This block must directly serve one of the Top 3 priorities.

3. One Measurable Professional Win

Every day must produce:

- A tangible result
- A impactful decision made
- Progress that can be pointed to

You must be able to answer: What moved forward today because I showed up?

4. Distraction Control

You are expected to:

- Identify where distraction appeared
- Notice avoidance patterns
- Fix it by the following day

You are not expected to be perfect. You are expected to be honest and correct immediately.

5. Boardroom Daily Report Completed

- Top 3 priorities written
- Work blocks recorded
- Execution quality scored (1–5)
- One professional win documented
- “Did I EARN IT in the Boardroom today?” must be YES

FAILURE CONDITIONS

You fail the day if:

- Priorities were not defined
- No deep work block occurred
- No meaningful win can be identified
- The daily report is incomplete

THE BOARDROOM

Date: / /

Daily Work, Execution, Focus, Results

Control priorities, execute meaningful work, and eliminate distraction.
This is where output and results replaces busyness.

Daily Focus

Top 3 Priorities for Today: These must be high impact work.

1:

2:

3:

Work Block #1

Primary Focus and Tasks Executed:

Block Duration: _____ hours

Execution Quality (1-5): 1 2 3 4 5

Recalibrate Action Taken: Walk, stretch, breathe, disconnect. (15 min)

Work Block #2

Primary Focus and Tasks Executed:

Block Duration: _____ hours

Execution Quality (1-5): 1 2 3 4 5

Recalibrate Action Taken: Walk, stretch, breathe, disconnect. (15 min)

Work Block #3

Primary Focus and Tasks Executed:

Block Duration: _____ hours

Execution Quality (1-5): 1 2 3 4 5

Recalibrate Action Taken: Walk, stretch, breathe, disconnect. (15 min)

Boardroom After Action Report

Did I EARN IT in the Boardroom today? Yes No

Why or Why Not?

One Professional Win Today:

One Area to Improve Tomorrow:

Boardroom Score (1-5):

1 2 3 4 5

THE BASE

Personal Responsibility and Proof

To EARN IT at the Base, all of the following must be completed every day for 100 days. Build the internal structure that holds the entire system together. This arena is not emotional. It is structural.

1. Daily Structure Check

You must deliberately anchor the day with structure. This must occur:

- In the morning (intentional setup)
- In the evening (honest review)

Both are required. The question is simple:

Did I live today on purpose or by reaction? Was I led by my identity or by my emotion. Did I execute or did I make excuses. Did I EARN IT

2. 30 Minutes of Personal Development

Minimum 30 minutes daily. Acceptable forms:

- Reading
- Writing
- Planning
- Reflection
- Skill-building
- Learning that sharpens execution

This is not consumption for entertainment. If the time is not logged, the day fails.

3. Standards Enforcement

You must answer honestly:

- Where did I hold the line?
- Where did I let standards slip?

This is where identity is earned. Avoidance here kills the entire system.

4. Personal Responsibility Action

Every day requires:

- One action you would normally delay, avoid, or rationalize
- Something that reinforces self-respect

This can be:

- A difficult conversation
- A delayed task
- A personal responsibility handled fully

If nothing uncomfortable occurred, the day failed.

5. Base Daily Report Completed

- Gratitude recorded
- Reflection written
- One personal win identified
- Area to improve tomorrow
- Daily Base Score (1–5)
- “Did I EARN IT at the Base today?” must be YES

No report equals no integrity. The day fails.

FAILURE CONDITIONS

You fail the day if:

- No structure check occurred
- Personal development time is skipped
- Standards are not evaluated honestly
- The daily report is incomplete

THE BASE

Date: / /

Structure, Discipline, Personal Development, Identity

Reinforce identity, standards, and daily structure.
This is where the man becomes consistent instead of reactive.

Morning Setup

Gratitude: What am I grateful for this morning?

.....
.....

Structure: Did I start the day with intention and discipline? **YES** **NO**

Why or why not?:

.....
.....

Personal Development

Personal Development Activity: Book, audio, writing, planning, reflection. (30 min)

.....
.....

Biggest Takeaway:

.....
.....

Standards Check

Did my actions today reflect my standards? **YES** **NO**

Where did I hold the line?

.....
.....

Where did I let standards slip?

.....
.....

Evening Reflection

Family or Relationship Investment: What did I do to show up fully?

Base After Action Report

Did I EARN IT at the Base today? Yes No

Why or Why Not?

One Personal Win Today:

One Area to Improve Tomorrow:

Base Score (1-5):

1 2 3 4 5

End of Day Close

Gratitude: What am I grateful for this evening?

Bedtime:

WEEKLY ASSESSMENT

Weekly Performance Review

Review execution across all three arenas, identify patterns, correct weaknesses, and recommit to the standard for the next week.

Week #:	Dates Covered: / / to / /
---------	---

Weekly Scorecard

Add up your daily scores for each arena.

BATTLEGROUND	BOARDROOM	BASE
Daily Scores (1-5):	Daily Scores (1-5):	Daily Scores (1-5):
DAY 1:	DAY 1:	DAY 1:
DAY 2:	DAY 2:	DAY 2:
DAY 3:	DAY 3:	DAY 3:
DAY 4:	DAY 4:	DAY 4:
DAY 5:	DAY 5:	DAY 5:
DAY 6:	DAY 6:	DAY 6:
DAY 7:	DAY 7:	DAY 7:
Total Score :	Total Score :	Total Score :

Combined Weekly Score: _____ /105

Weekly Performance Breakdown

THE BATTLEGROUND

Physical Wins This Week:

What went well in training, nutrition, or recovery?

.....

.....

.....

Physical Losses This Week:

Where did effort, discipline, or consistency fall short?

Battleground Fix:

What one change will improve next week?

THE BOARDROOM

Execution Wins This Week:

What meaningful work actually moved forward?

Execution Losses This Week:

Where did distraction, avoidance, or poor planning show up?

Boardroom Fix:

What must tighten immediately next week?

THE BASE

Identity Wins This Week:

Where did standards, discipline, and structure show up consistently?

Identity Losses This Week:

Where did I compromise structure or habits?

Base Fixes:

What daily action must be non negotiable next week?

Pattern Recognition

This section is critical.

What Pattern Do I See Emerging?

Across all three arenas, what keeps repeating?

Is This Pattern Helping or Hurting My Progress?

Lessons Learned

What Did This Week Teach Me About Myself?

.....

.....

.....

.....

Next Week Intentions

Battleground Focus Next Week:

One physical priority.

.....

.....

Boardroom Focus Next Week:

One professional priority.

.....

.....

Base Focus Next Week:

One personal priority.

.....

.....

Commitment Check

Do I Commit to EARNING IT Next Week? Yes No

What Must I Do Differently to EARN That Commitment?

.....

.....

I reviewed my performance honestly and will correct what needs correcting.

Signature:

Date:

MIDPOINT ASSESSMENT

7-Week Performance Audit

Identify trends across seven consecutive weeks, correct execution gaps, and raise standards for the next cycle.

7 Week Score Aggregation

BATTLEGROUND	BOARDROOM	BASE
Weekly Scores:	Weekly Scores:	Weekly Scores:
WEEK 1: _____ /105	WEEK 1: _____ /105	WEEK 1: _____ /105
WEEK 2: _____ /105	WEEK 2: _____ /105	WEEK 2: _____ /105
WEEK 3: _____ /105	WEEK 3: _____ /105	WEEK 3: _____ /105
WEEK 4: _____ /105	WEEK 4: _____ /105	WEEK 4: _____ /105
WEEK 5: _____ /105	WEEK 5: _____ /105	WEEK 5: _____ /105
WEEK 6: _____ /105	WEEK 6: _____ /105	WEEK 6: _____ /105
WEEK 7: _____ /105	WEEK 7: _____ /105	WEEK 7: _____ /105
Total Score : _____	Total Score : _____	Total Score : _____
Trend:	Trend:	Trend:
<input type="checkbox"/> Improving	<input type="checkbox"/> Improving	<input type="checkbox"/> Improving
<input type="checkbox"/> Flat	<input type="checkbox"/> Flat	<input type="checkbox"/> Flat
<input type="checkbox"/> Declining	<input type="checkbox"/> Declining	<input type="checkbox"/> Declining

Overall 7 Week Score Performance

Strongest Arena This Cycle: Battleground Boardroom Base

Weakest Arena This Cycle: Battleground Boardroom Base

Did Any Arena Limit Overall Progress?

Trend Analysis By Arena

BATTLEGROUND TRENDS

Repeated Wins:

What showed up consistently?

Repeated Breakdowns:

Where discipline slipped more than once?

Primary Cause:

Why did this pattern exist?

BOARDROOM TRENDS

Repeated Wins:

What showed up consistently?

Repeated Breakdowns:

Where discipline slipped more than once?

Primary Cause:

Why did this pattern exist?

BASE TRENDS

Repeated Wins:

What showed up consistently?

.....
.....

Repeated Breakdowns:

Where discipline slipped more than once?

.....
.....

Primary Cause:

Why did this pattern exist?

.....
.....

Standards Check

Did I Live at the EARN IT Standard for These 7 Weeks? Yes No

Where Did I Consistently Hold the Line?

.....
.....

Where Did I Repeatedly Lower the Standard?

.....
.....

Wins, Losses, Fixes

Top Wins (Last 7 weeks)

1:

2:

3:

Top Losses (Last 7 weeks)

1:

2:

3:

Mandatory Fixes for the Next 7 Weeks

These are commitments.

1:

2:

3:

Next Cycle Execution Plan

One Priority Per Arena

Battleground Priority:

Boardroom Priority:

Base Priority:

Non Negotiables for the Next 7 Weeks

Daily actions that cannot be skipped.

1:

2:

3:

FINAL ASSESSMENT

14-Week Performance Reset

Audit the last 14 weeks honestly, identify what is working and what is failing, reset standards, and recommit to execution for the next quarter.

Quarter #:	Dates Covered: / / to / /
------------	---

Quarterly Score Aggregation

BATTLEGROUND	BOARDROOM	BASE
Cycle Scores:	Cycle Scores:	Cycle Scores:
CYCLE 1: _____ /735	CYCLE 1: _____ /735	CYCLE 1: _____ /735
CYCLE 2: _____ /735	CYCLE 2: _____ /735	CYCLE 2: _____ /735
Total Score : _____	Total Score : _____	Total Score : _____
Trend:	Trend:	Trend:
<input type="checkbox"/> Improving	<input type="checkbox"/> Improving	<input type="checkbox"/> Improving
<input type="checkbox"/> Flat	<input type="checkbox"/> Flat	<input type="checkbox"/> Flat
<input type="checkbox"/> Declining	<input type="checkbox"/> Declining	<input type="checkbox"/> Declining

Total Challenge Performance

Overall Score: _____

Strongest Arena This Cycle: Battleground Boardroom Base

Weakest Arena This Cycle: Battleground Boardroom Base

Did One Arena Consistently Limit My Progress?

Final Review By Arena

BATTLEGROUND REVIEW

Physical Wins:

What improved meaningfully in strength, conditioning, nutrition, or recovery?

Physical Breakdowns:

Where did inconsistency show up repeatedly?

Primary Cause:

What actually caused the breakdowns?

BOARDROOM REVIEW

Professional Wins:

What results did I produce?

Professional and Execution Breakdowns:

Where did focus, follow through, or structure fall short?

Primary Cause:

What actually caused the breakdowns?

BASE REVIEW

Personal Wins:

Where did discipline, structure, and identity strengthen?

Personal and Identity Breakdowns:

Where did standards slip more than once?

Primary Cause:

What actually caused the breakdowns?

Standards Audit

Did I Live at the EARN IT Standard? Yes No

Where Did I Prove It?

.....

.....

.....

.....

Where Did I Fall Short?

.....

.....

.....

.....

Wins, Losses, Fixes

Top 5 Wins:

1:

2:

3:

4:

5:

Top 5 Losses:

1:

2:

3:

4:

5:

Lessons From The Challenge

What Did This Challenge Teach Me About Focus?

What Did This Challenge Teach Me About Discipline?

What Did This Challenge Teach Me About Consistency?

What Did This Challenge Teach Me About Grit?

What Did This Challenge Teach Me About Myself?

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Final Scorecard Summary

Battleground Final Grade: A B C D F

Boardroom Final Grade: A B C D F

Base Final Grade: A B C D F

Overall Year Grade: A B C D F

Looking Ahead

Non Negotiables for the Next Year

Daily actions that will define the standard.

1:

2:

3:

4:

5:

One Year Focus Per Arena

Battleground Focus:

What physical standard must be raised?

Boardroom Focus:

What professional result must improve?

Base Focus:

What personal structure must be reinforced?

Recommitment Declaration

Read this carefully before signing. I reviewed the last 14 weeks honestly. I accept full responsibility for the outcomes. I recommit to earning my results through discipline, consistency, and execution across the Battleground, Boardroom, and Base.

Signature: _____

Date: _____

Letter to Myself One Year From Now

Who do I expect to be?

What standard will define my daily actions?

What will I no longer tolerate?

