

# UNIT 1 WORKBOOK

## Wake Up: Awareness & Reality Check

“What’s really going on?”

### Section 1 — The Honest Snapshot

**Instructions:** No fluff. No excuses. Just truth. **DO NOT OVER THINK THIS!** Do it **quickly**. There are always exceptions in life. 80% of the time is what we are looking for. Consider this a timed exercise and do it quickly. We will review it later in depth, taking our time with meditation. But today is not that day. Today is all about speed and gaining momentum by getting it done. Fast.

**Where am I right now in these areas? (1–10 scale, 10 being the best)**

- **Faith/Spiritual life:** 1 2 3 4 5 6 7 8 9 10
- **Physical health:** 1 2 3 4 5 6 7 8 9 10
- **Mental clarity/focus:** 1 2 3 4 5 6 7 8 9 10
- **Work & Career:** 1 2 3 4 5 6 7 8 9 10
- **Finances:** 1 2 3 4 5 6 7 8 9 10
- **Relationships:** 1 2 3 4 5 6 7 8 9 10

**Question:** Where am I clearly falling short?

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

### Section 2 — The “Prison” Audit

**The Night they Burned Shanghai by Robert D. Abrahams**

*“For some men die by shrapnel, and some go down in flames, but most men perish inch by inch, in play at little games.”*

Most men are stuck in patterns they either refuse to see or are unaware of.

**What habits or behaviors are keeping me stuck?**

(Check all that apply + add your own)

- Scrolling / wasting time
- Lack of discipline
- Avoiding hard things
- Overthinking
- Inconsistent routines
- Comfort-seeking

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- Negative thinking
- Other: \_\_\_\_\_

**What am I avoiding right now?**

→ \_\_\_\_\_  
→ \_\_\_\_\_

**What do I KNOW I should be doing—but I'm not?**

→ \_\_\_\_\_  
→ \_\_\_\_\_

## Section 3 — The Cost of Staying Here

If **nothing changes**... what happens?

**In 1 year, my life will look like: how are your relationships, health, finances, work, etc?**

→ \_\_\_\_\_

Is that OK?

**In 5 years, my life will look like:**

→ \_\_\_\_\_

Is that OK?

**What will it cost me if I stay stuck?**

- Health: \_\_\_\_\_
- Money: \_\_\_\_\_
- Relationships: \_\_\_\_\_
- Self-respect: \_\_\_\_\_

Are you familiar with Compound Interest or what Albert Einstein called, the 8<sup>th</sup> wonder of the world? We tend to **overestimate** what we can accomplish in the short term and vastly **underestimate** what we can do over the long term.

## Section 4 — The Turning Point

This is where change begins.

**Am I ready to stop lying to myself?**

Yes

No

**What am I DONE tolerating?**

→ \_\_\_\_\_

**What must change NOW?**

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→ \_\_\_\_\_

## Section 5 — Commitment Statement

Write this in your own words:

“I take full responsibility for my life as it is right now.

No more excuses. No more distractions. I am ready to change.”

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If you want to go deeper, here are some additional Awareness Questions to help uncover possible blind spots in your life.

### **AWARENESS: “What’s really going on?”**

- Where in my life am I consistently getting results **I don’t want**?
- What **patterns keep repeating** that I’ve never fully addressed?
- What do I **complain about most**—and what does that reveal about me?
- Where do I **feel friction, resistance, or quiet frustration** on a regular basis?
- If my life were a movie, where would the audience see me settling? The lead, supporting actor, a stage hand off screen?

### **OWNERSHIP: “What part of this is on me?”**

- Where **am I blaming** circumstances, other people, or the past?
- What **am I avoiding** that I know I should face?
- Where **am I out of integrity** with what I say I believe?
- What **excuses** do I keep using—and are they actually valid?
- If I had 100% power and control, what would I **change first**?

### **TRUTH VS STORY: “Am I telling myself the truth?”**

- What story am I telling myself that might not be true?
- Where am I exaggerating, minimizing, or justifying?

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- What would a brutally honest outsider say about my situation?
- If I stripped away emotion, what are the facts?

## □ **BLIND SPOTS: “What can others see that I can’t?”**

- What feedback from others have I received more than once?
- If I asked 5 people close to me, “What’s one thing holding me back?”—what would they say?
- When have I been defensive—and what might that be protecting?
- Who do I judge—and what might that reveal about me?

## □ **GROWTH EDGE: “Where is the next level?”**

- What area of my life do I know has more potential than I’m currently living?
- What skill, discipline, or habit would change everything if I mastered it?
- Where am I choosing comfort over growth?
- What am I tolerating that I shouldn’t be?

## □ **COURAGE: “What am I unwilling to admit?”**

- What truth about myself do I know—but don’t want to face?
- Where am I playing small to avoid risk, rejection, or failure?
- What would I do if I knew I couldn’t fail?
- What would I do if I knew I *could* fail—but it would be worth it anyway?

## □ **RESULTS CHECK: “How’s that working out for me?”**

- If I keep living like this for 5 years, where will I end up?
- What is my current path producing—really?
- Is my daily behavior aligned with the man I say I want to become?
- Would I respect someone else who lived the way I do?

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## □ IDENTITY: “Who am I becoming?”

- If nothing changes, what kind of man am I becoming? Is that OK?
- Where is my current identity limiting my future?
- What would the highest and best version of myself do differently today?
- What beliefs do I need to let go of to become that man?

## □ ▲ SIMPLE BUT BRUTAL EXERCISE

Do this once a week:

1. Ask yourself: “*Where am I lying to myself?*”
2. Write the answer without editing.
3. Then ask: “*What is one action that would prove I’m serious about change?*”
4. Do it within 24 hours.

## Final Thought

Awareness isn’t comfortable—but it’s powerful.

Most men don’t change because they never truly *see* themselves.

They stay busy, distracted, entertained... but never honest.

If you’re willing to look—really look—you’ll find it.

And once you see it clearly, you can’t unsee it.

That’s where transformation begins.