



SOULSMITH

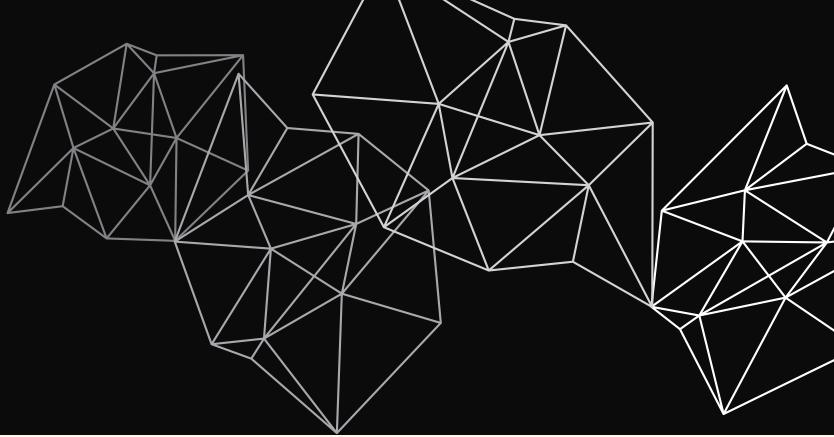
MODULE 1  
VIDEO  
GUIDES  
AVAILABLE

# TEST YOUR METTLE

THREE QUESTIONS  
TO KNOW IF YOU HAVE WHAT IT TAKES TO GET  
THE LIFE YOU WANT.

KABEN KRAMER

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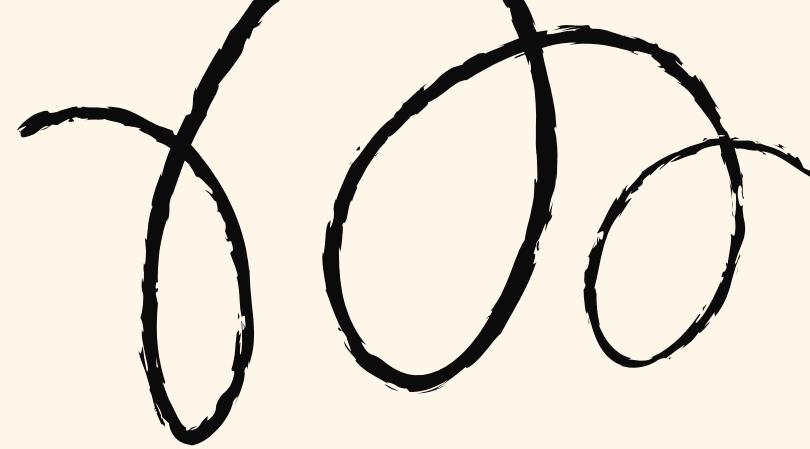
## BONUS MATERIAL



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# ONE CHOICE, NEW LIFE

You're only one choice away from a whole new life. But often, that "one choice" can be disastrous. At this point in your life, you need to bring others along with your choices. You're not a lone wolf, and while that path might seem tempting at times, you know it's not what you truly want. You want to take everything you love along with you, and that's why you're here.

## RE-WIRE WITHOUT BLOWING IT ALL UP

This workbook will provide you with a clear-eyed view of both where you are and where you want to go. It's about wiping the grime off the window of perception and seeing clearly. When it comes to taking big leaps, clarity is often the difference between success and disaster.

In the government, this type of clarity is called Signals Intelligence: collect more data from more sources, distill that data into actionable intelligence.

With clear vision and informed choices, you can make that one choice that leads to a new life, without leaving behind the things you cherish.



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# THE SILENT CRISIS OF MIDLIFE SUCCESS

YOU'RE A SUCCESS, YET UNSETTLED

You're not the person you were, the important relationships in your life feel either stuck or stale or both, and the busyness of life is a tyrant keeping you from the things you enjoy most.

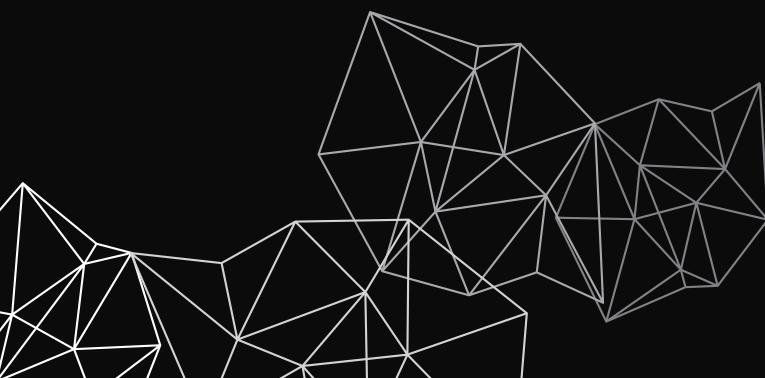
YOU'VE LEFT THE RUNWAY OF YOUR DREAMS

+

YOUR RELATIONSHIPS HAVE CALCIFIED

+

TOO MUCH TO DO, NOT ENOUGH MONEY





# THE PROBLEM WITH YOUR LIFE

YOU WOKE UP TO REALIZE LIFE IS SLIPPING BY

But what can you do? It feels like any movement to the left or to the right will collapse the whole precarious structure of your life.

1

## TOO MUCH TO DO, NOT ENOUGH MONEY

The emails and workload seem endless, not to mention the honey-do list and all the kid activities! There is barely enough time for you to keep food on the table and a smile on your face. There doesn't seem like there's any room for you to be, well, you.

2

## YOU'VE BEEN HERE SO LONG, YOU FORGOT HOW YOU GOT HERE

Each step felt logical at the time, but now looking back it feels like you've drifted a long way away from yourself without having really gone anywhere in life. It's like that scene from Inception when they realize they're in a dream, but don't know how to leave without ruining everything.

3

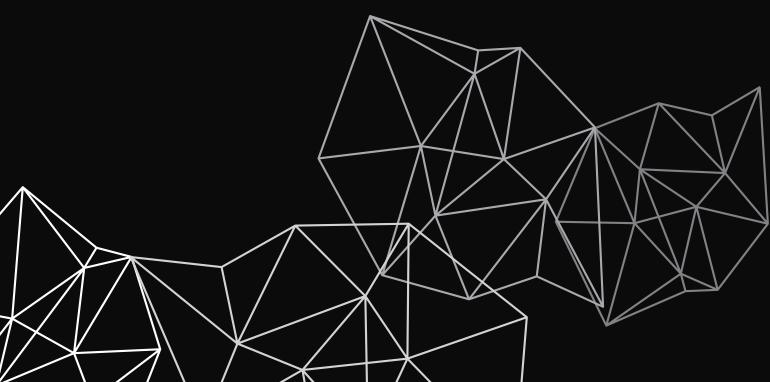
## IF YOU STAY TOO LONG, YOU'LL LOSE YOURSELF FOREVER

And, like Inception, there is a quiet realization that if you stay too long you'll become a shell of yourself, disconnected from the things that gave you so much life in your youth. You know your family deserves more than that, and you know you deserve more than that. So you have to take the leap into something new, but you aren't willing to risk losing everything you've worked so hard to build.

4

## IF YOU LEAVE THIS SPOT, EVERYTHING MIGHT BREAK APART

You're only one choice away from a whole new life, but it has to be the right choice. Leaving means purposefully detaching from a hundred things and attaching to a hundred other things in a way that nothing is torn and nothing is dropped. This feels overwhelming, so you have never followed through in a meaningful way. But that's why this course exists. Let's make it happen!



N.1

## **WE KNOW WHAT HAPPENS**

We know what un-intelligent change looks like. The new model corvette and new model love interest is the trope that haunts our journey through midlife. And yet, that is really the least harmful expression of a mis-handled midlife. We also see the corporate scandals, the abuses, and in the most extreme version, we see the wars that come from an un-integrated life seeking meaning and fulfillment without an anchor.

N.2

## **A BLIND STAB HITS THE WRONG TARGET**

So often the pressure of the mundane success builds to the point we just jump, blindly. The truth is, we have all the skills to make smart change. We just have a tendency of applying them in the wrong direction. We attempt to hold other people accountable instead of ourselves. We seek to regulate others' emotions instead of deeply understanding our own. We know the skill to use, we just use it on the wrong target.

N.3

## **SOMETIMES ITS JUST DUMB, AND YOU'RE SMARTER**

When the change comes as a reaction, it's often misdirected and generates significant pain. It's easy to look at others and wonder how they could blunder so stupidly, but if we're honest there's a little part of us that's worried we'll do the same thing. This workbook will get you out in front, steering the ship instead of being stuck in the brig getting rocked by the waves.

N.4

## **POWERFUL OUTCOMES AWAITS YOU**

This workbook is specifically designed to be used over and over. Come back to it as often as you need to. The most powerful weapon is clear sight. When there are no hidden trip wires or monsters in the dark, it is much easier to chart a path forward to the life you've always wanted. This workbook is all about clarity, giving you actionable processes to ensure you have clarity everyday, always.

**THE DIFFERENCE  
BETWEEN THE  
*IDIOT* AND THE  
*ADVENTURER* IS  
THAT THE  
ADVENTURER IS  
PREPARED.**

— kaben kramer



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# THE METTLE TEST

The powerful act of clarity is THE METTLE TEST.

These three simple questions, with focused processing tools, generate tremendous clarity to pull you from the edge of the crisis of midlife success and open the door into the life you've always wanted.

## NEVER FORGET YOU HAVE POWER INSIDE.

Never forget that you have power inside you. The power to make plenty of money, to love deeply and long, to never dread a Monday again. It's all inside of you, right now. The direction of use is the problem; you've been trying to see in a fog. It's a clarity problem, not a power problem.

Remember, you have the potential to become a transforming hero on a journey of epic proportions. Embrace the challenges, learn from setbacks, and let your creativity shine. Your unique perspective and authentic voice will captivate and inspire.

The Mettle Test will be your guide on this quest.



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**WE RISE  
TO OUR  
SYSTEMS,  
NOT OUR  
GOALS.**

**-- ryan holiday**

The Mettle Test,  
Question 1



# “IS THIS IT?”

N.1

## EXISTENTIALISM AT IT'S FINEST

Imagining that what your life is today, is all your life will ever be, is a shared experience to people in between ages 35-50 years old. Because this is the middle of life. Our youth is now in the review mirror. We've notched the successes we were told would satisfy, and now we know without a doubt that there was still something missing.

LAUNCH YOURSELF TOWARD YOUR PREFERRED LIFE.

N.2

## DIRECTION

You can only see in the direction you're looking. Sounds obvious. But the truth is, most of us have spent most of our lives only learning how to look to one compass direction to find all our answers.

N.3

## MOMENTUM

The secret to exiting the existentialism is momentum. To know you are going somewhere. Ensuring you're going somewhere that aligns with your joy and purpose sets your life on fire, in the best way.



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N.4

## THE WAY OUT IS THROUGH

Ignoring the question won't help. It will make it worse. The longer the question goes unanswered, the more likely you are to make a big bold decision that sends your life off a cliff.

Instead, the exercises on the following pages will help you engage the question in a way that begins to reveal a powerful answer to your life's quest.

**ALL YOUR SUCCESS HAS LED TO THIS POINT.**

N.5

## TOOLS

The next several pages walk you out of the fog and into clear skies that let you see what you really want from this life. Use these tools over and over again, every time you feel the question creep up.

N.6

## PLANS

The dark forest is full of monsters, yes, but it is also full of treasure. There's a reason why fairytales and sci-fi stories endure for generations. What we see on the screen is a visualization of what we feel inside. Let's start charting a path through.



# START STOP CONTINUE

N.7

## SIMPLE TOOL. POWERFUL CLARITY.

On the next page, begin writing out items in the corresponding columns.

Start: Write out things you'd like to begin doing in your life that you are not currently doing. This can be anything. Just get it out.

Stop: Write down things that you are currently doing that you'd like to stop doing. Typically these are tasks or patterns that you perceive to be unhelpful.

Continue: Write a list of things happening in your life that you don't want to compromise. That is, whatever change happens has to keep room for these things. This is often the things you're most proud of or enjoy the most in your life as it is today.

This is the foundation of the following exercises. Take your time, relax your mind. Talk through it with someone who does not have stakes in any part of your life so they can act as a neutral sounding board.

# The Mettle Test, Question 1, Tool 1 Part 1

Create a list of what fills your life, divided into the appropriate grouping.

# The Mettle Test, Question 1, Tool 1 Part 2

Now that you've created a free-form list, go back and order them: highest priority at the top, lowest priority at the bottom.

The Mettle Test,  
Question 1,  
Tool 1  
Part 3

Consider your list. What surprises you about it? How would you feel tomorrow if you could actually STOP all the items on that column today?

Number your “STOP” list, and write the corresponding number in the left-hand column. Then, write out pros and cons associated with stopping that thing.

STOP	Pros	Cons

The Mettle Test,  
Question 1,  
Tool 1  
Part 4

Consider your list. Is it what you expected, or were there some items that you did not expect to land where they did? On a scale of 1-10, how realistic is it to start just one of the items this week?

Number your “START” list, and write the corresponding number in the left-hand column. Then, write out pros and cons associated with starting that thing.

START	Pros	Cons

The Mettle Test,  
Question 1,  
Tool 1  
Part 5

Revisit your CONTINUE list. This is the list you've fought so hard for all these years. The things you're unwilling to give up, so you stay stuck in misaligned success. What do you notice in your body (heart-rate, jaw tension, etc) when you read this list?

Number your "CONTINUE" list, and write the corresponding number in the left-hand column. Then, write out how that item aligns with your core values and how that item promotes your preferred life. Celebrate these wins!

CONT.	Core Value	Dream Life

The Mettle Test,  
Question 1, Tool 2

# INTEGRATE FOR CLARITY

Looking at how your CONTINUE items call forward your values and desires, what do the items on your STOP and START lists do to argue or agree with those values?

Write your answer here...

Bring your START list into reality. What stands between you and starting one of the items on the list in the next two weeks? What can you do to make space for it? What resources do you need that you don't feel like you have to be successful?

Write your answer here...

Consider your STOP list. What resources need to be aligned to take action on one of the items? Who do you need to begin having conversations with?

Write your answer here...

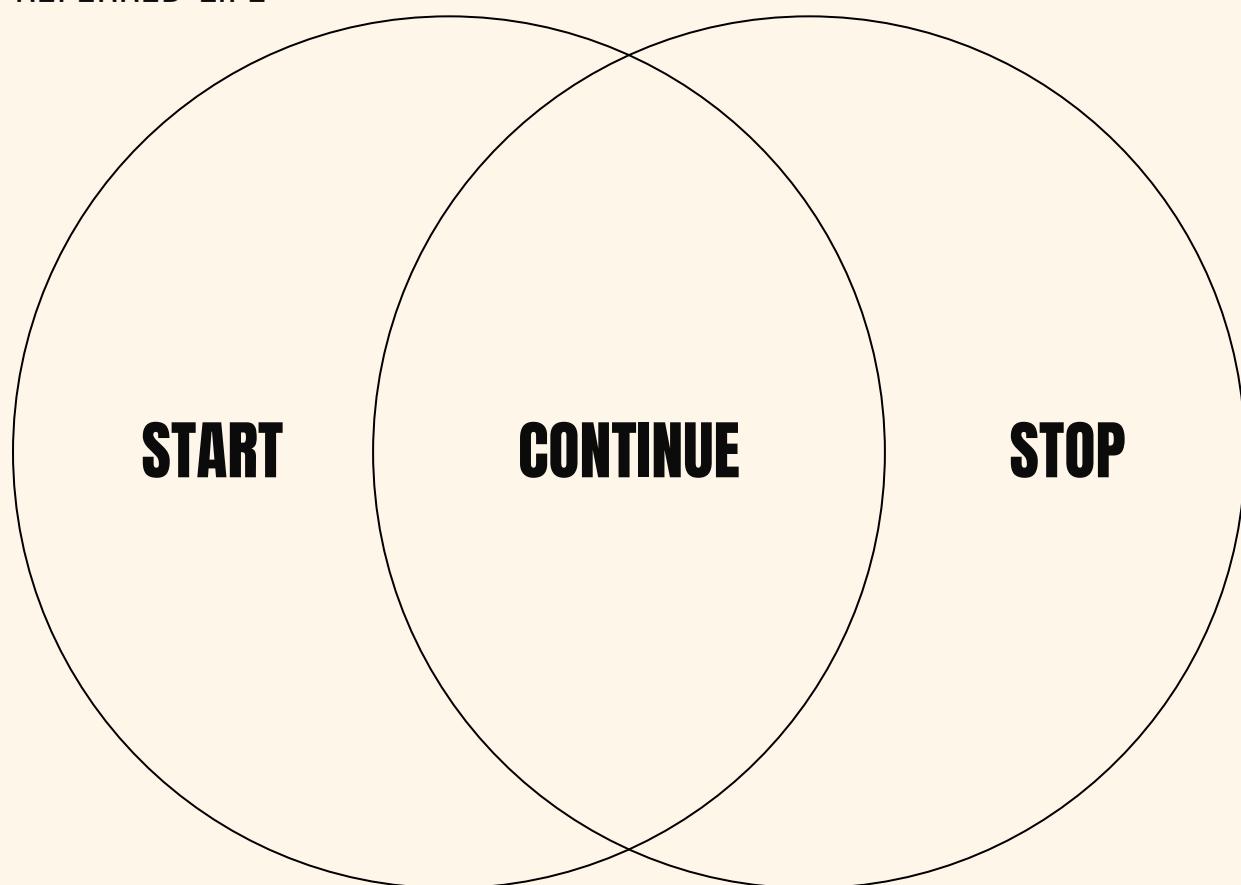


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**CREATE A VENN DIAGRAM OR LIST TO FIND THE  
INTERSECTION BETWEEN YOUR PREFERRED LIFE AND  
YOUR CURRENT LIFE.**

YOUR  
PREFERRED LIFE

YOUR CURRENT LIFE



Notes:

# FIXED FORMING FLEXIBLE

N.7

## A CHEAT SHEET FOR YOUR BRAIN.

On the next page, begin writing out items in the corresponding columns. This tool reveals your frame of thinking and begins to tap on the edges of your existing belief structures.

Fixed: Write out your fixed thinking. The things you're unwilling to change your mind about and unwilling to compromise. Include the things you currently believe are core beliefs, but also add some brevity and add some hot takes you have that you're willing to die on a hill for.

Forming: Write down beliefs that you sense are taking shape, but you haven't really become married to them yet. They're emerging and forming still and are open for conversation.

Flexible: Write down worldviews and approaches you're really open to some new input around. You certainly don't have a strong opinion, and really you're looking for someone else to put a flag in the ground so you can evaluate whether or not you agree with where they placed it.

This is the foundation of the following exercises. Take your time, relax your mind. Talk through it with someone who does not have stakes in any part of your life so they can act as a neutral sounding board.

# The Mettle Test, Question 1 Tool 4 Part 1

Create a list of beliefs, divided into the appropriate groupings.

The Mettle Test,  
Question 1, Tool 5

# INTEGRATE FOR CLARITY

Look at your **FIXED** beliefs. Can you identify their source? That is, where and when (and perhaps by whom) they were introduced into your life?

Write your answer here...

How would you feel if your **FLEXIBLE** list was twice as long, and your **FIXED** list half as long? At what mix of Fixed/Forming/Flexible do you stop being **YOU**?

Write your answer here...

What sources are you currently looking toward to inform your **FORMING** beliefs? What influences keep your **FIXED** beliefs anchored?

Write your answer here...



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The Mettle Test,  
Question 1



# FINISHING TOUCHES

## ANSWERING, “IS THIS IT?”

The question, “Is this it?” keeps you up at night because you’re afraid it might be true. You love what you’ve built. You love the success you’ve achieved. But you know you’re missing something more.

The thought exercises helped reveal the discrete pieces that make you feel stuck and began to highlight the kind of life that would make you feel free.

They have also laid out the stakes of what you’re unwilling to compromise. This is the reason you’ve stayed so long where you are.

Now you have the beginning elements of a plan. You have a framework to think about your life that isn’t just a jumbled mess of the Tyranny of the Urgent on the calendar--you can see what things you MUST do, what you CHOOSE to do, and what you WANT to do.

This is a powerful first step. And I hope you sleep a little better tonight because of it.

The Mettle Test,  
Question 1

# NOTES



Take a few minutes to reflect on your progress so far. Where do you feel lighter, like a sense of freedom or mastery? What topics do you feel strongly about?

Write your answer here...

Which area do you feel like you need the most guidance from a neutral outside coach?

Write your answer here...



**FREEDOM IS  
THE PAUSE  
BETWEEN  
THE IMPULSE  
AND THE  
RESPONSE.**

**-- viktor frankl**



# YOU ARE POWERFUL

## CLARITY + TRUST = MOMENTUM

You started this journey feeling successful yet unfulfilled, having achieved the “dream” without cracking the code on happiness. The gurus shouted from opposite sides of the aisle, one telling you to double-down and hustle up; the other side telling you to detach from ambitions and find contentment in ...nothingness.

You weren’t going to settle for either. You knew, deep down, that you could find both contentment AND ambition. And here you are now.

Powered up on CLARITY, rediscovering how to TRUST your ability to make smart decisions, and launching forward with powerful MOMENTUM.

## THIS IS JUST THE BEGINNING

This tool is yours, forever. Come back as often as you’d like. This is YOUR life, no one can live it but you.

Now that you’ve turned down the noise on the tyranny of the urgent, and the voices of influence who are more interested in you reflecting their lives than living your own, you’re ready to discover how to realize the life you’ve always wanted without losing the life you’ve worked so hard to build.

Welcome. As you need me, I’ll be your guide on this journey.

The world is waiting, and it’s waiting for YOU.



# NEXT STEPS

N.1

## TEST YOUR METTLE

You've now tasted the power of practical, action-centered tools to move you from the calcified crisis of midlife success into clear momentum, moving towards easy relationships and powerful self-indulgence that gets you your dream life without losing all the good you've built along the way.

Don't lose momentum. Unlock the rest of this powerful curriculum and keep chasing down your dream life.

Just go to [www.kabenkramer.com/mettletest](http://www.kabenkramer.com/mettletest) to purchase.

The Mettle Test,  
Conclusion



# NEXT STEPS

N.2

## A MINI COURSE, PERSONALIZED TO YOU

Do you sense there is more for you to get from these concepts and re-frames? That, doing it along, was just out of reach?

Get four 1-hour calls with me to deep dive into how to tailor the tools and resources in this workbook to your particular circumstances.

Optionally (or additionally), get direct text access to me for 365 days by joining my private Slack community.

Just go to [www.kabenkramer.com/1on1](http://www.kabenkramer.com/1on1) to sign up.

N.3

## ONLINE COURSE: SOULSHAPE

As vast and deep as this 80+ page workbook is, this is only the tip of the iceberg.

If you're ready to follow through on your commitment to yourself to become the person you've always wanted to be, SoulShape is for you. It is the video companion for this workbook and goes deeper on each topic, providing much more substantive examples, use cases, and problem-solving.

Go to [www.kabenkramer.com/soulshape](http://www.kabenkramer.com/soulshape) to sign up.

The Mettle Test,  
Conclusion

# THE END



Congratulations on completing this comprehensive ebook workbook for aspiring people who are ready to make midlife the high point of life! Throughout this journey, you have gained valuable insights, acquired practical skills, and developed a strategic mindset to thrive in the dynamic world of fierce competition, deep love, and self-knowledge.

Remember, becoming a successful human is a continuous learning process. Embrace experimentation, adapt to changes, and remain open to new possibilities. Your unique voice and creative expression have the power to make a profound impact on your loves and the wider community.

## STAY TRUE TO YOUR PASSIONS, VALUES, AND PERSONAL INTELLIGENCE

Never forget that thriving in the middle of life is not just about aligning with your deepest desires but also about bringing the most important people with you on the journey. Embrace the responsibility and privilege that comes with having a powerful voice, and use it to spread positivity and make a difference.

Remember, you have the potential to become a standout among your peers. Embrace the challenges, learn from setbacks, and let your creativity shine. Your unique perspective and authentic voice will captivate and inspire for many years to come.

See you along the journey!

**KABEN KRAMER**

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The Mettle Test,  
Question 1



# START STOP CONTINUE

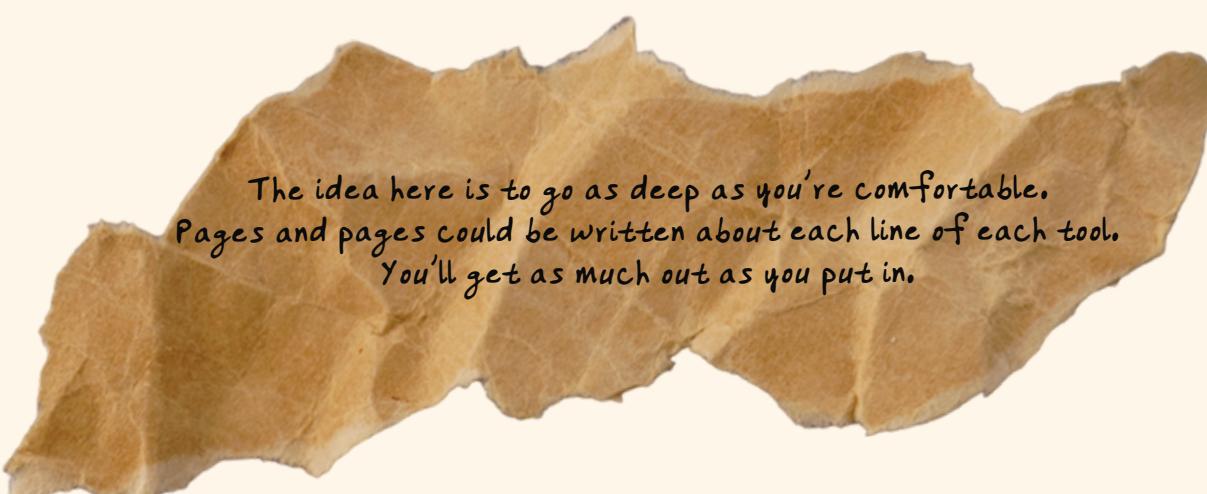
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## SAMPLE TOOL FILLED IN.

Sometimes, it's just easier to see it plainly.

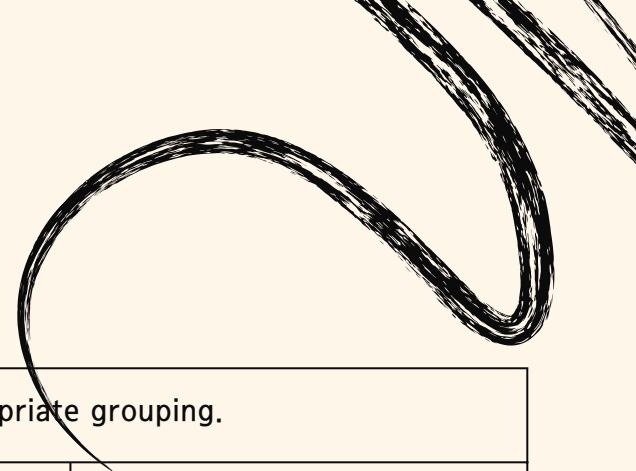
The following pages are like a Teacher's Answer Sheet, except there are no right answers. This is work only you can do yourself.

Yet the filled in example is meant to assist your frame of mind as you approach the tool yourself.



The idea here is to go as deep as you're comfortable.  
Pages and pages could be written about each line of each tool.  
You'll get as much out as you put in.

## The Mettle Test, Question 1



Create a list of what fills your life, divided into the appropriate grouping.

START	STOP	CONTINUE
Thursday night pub with the guys	Running the weekly TMP	2 Family movie nights
Hiring lawn help	Yelling at my son	Working towards Exec Manager
Writing my fantasy novel	Overspending the budget	3 Coaching Jamie
Sign up for the 100 k bike race	Losing my temper	Weekend mountain biking
Applying for a new job	Going to bed so late	1 At least weekly sexy time
Figure out what fashion I like	smoking as much weed	smoking *some* weed!
Fire Albert		5 serving at church
Tell my partner about my debt		6 Going on sat. morning family walks
Land a keynote at our conference		4 summer vacations to Tahoe
Remodel the kitchen		

## The Mettle Test, Question 1

Now that you've created a free-form list, go back and order them: highest priority at the top, lowest priority at the bottom.

	START	STOP
1	Applying for a new job	Overspending the budget
2	Thursday night pub with the guys	Yelling at my son
3	Fire Albert	Losing my temper
4	Sign up for the 100 k bike race	Running the weekly TMP
5	Land a keynote at our conference	Going to bed so late
6	Figure out what fashion I like	smoking as much weed
7	Hiring lawn help	
8	Tell my partner about my debt	
9	Remodel the kitchen	
10	Writing my fantasy novel	

## The Mettle Test, Question 1

Consider your list. What surprises you about it? How would you feel tomorrow if you could actually STOP all the items on that column today?

If I could stop all the things on my STOP list...  
Wow. I would feel so light. And weird.  
Actually, I don't know that I'd want to stop all those things tomorrow. That might be too fast.

Number your "STOP" list, and write the corresponding number in the left-hand column. Then, write out pros and cons associated with stopping that thing.

STOP	Pros	Cons
1	We'd have more money, less stress (??)	We couldn't do some of the fun things we like
2	I could have a new relationship with my son.	I would have to find new ways to manage anger
3	Maybe people would trust me more?	I might not get my way as often.
4	I would have way less stress	I might not have as much influence in the kid's lives
5	Theoretically I'd be healthier, right?	I would have less "me time"
6	I'd have fewer arguments with my partner	I would be smoking less weed!

## The Mettle Test, Question 1

Consider your list. Is it what you expected, or were there some items that you did not expect to land where they did? On a scale of 1-10, how realistic is it to start just one of the items this week?

I didn't really think that firing Albert was as important as it became through this.

It's fairly realistic to start a few things. The bike race is a matter of working it out with my partner. I can do that at least.

Number your "START" list, and write the corresponding number in the left-hand column. Then, write out pros and cons associated with starting that thing.

START	Pros	Cons
1	I could get a higher paying job	It takes a ton of time which I don't have
2	I could actually have some real friends	We'd have to re-org domestic tasks again
3	Gosh. Our work flow would accelerate!	Hiring is time consuming & I don't have extra
4	I would have something fun to work towards	I might seriously piss off my partner
5	I'd gain traction and reputation	It takes huge time, which I don't have
6	I'd like the way I look more	It might be expensive

## The Mettle Test, Question 1

Revisit your CONTINUE list. This is the list you've fought so hard for all these years. The things you're unwilling to give up, so you stay stuck in misaligned success. What do you notice in your body (heart-rate, jaw tension, etc) when you read this list?

Honestly, it felt good. I felt relaxed. It was good to see that I've really got some good things going. In some ways, it felt a little like home.

Number your "CONTINUE" list, and write the corresponding number in the left-hand column. Then, write out how that item aligns with your core values and how that item promotes your preferred life. Celebrate these wins!

CONT.	Core Value	Dream Life
1	Um, sex is great. Is that a core value??	Pleasure = having sex is part of that for sure
2	Family intimacy matters	Connection = being a solid rock for my kids
3	Investing in other's goals makes me better	Growth = developing talent is cool
4	Relaxing is healing	Enjoyment = vacations facilitate it well
5	Serving a higher cause	Service = giving away time/talent is good
6	Unstructured play keeps me young	Playful = we're all better when we laugh

The Mettle Test,  
Question 1

# FIXED FORMING FLEXIBLE

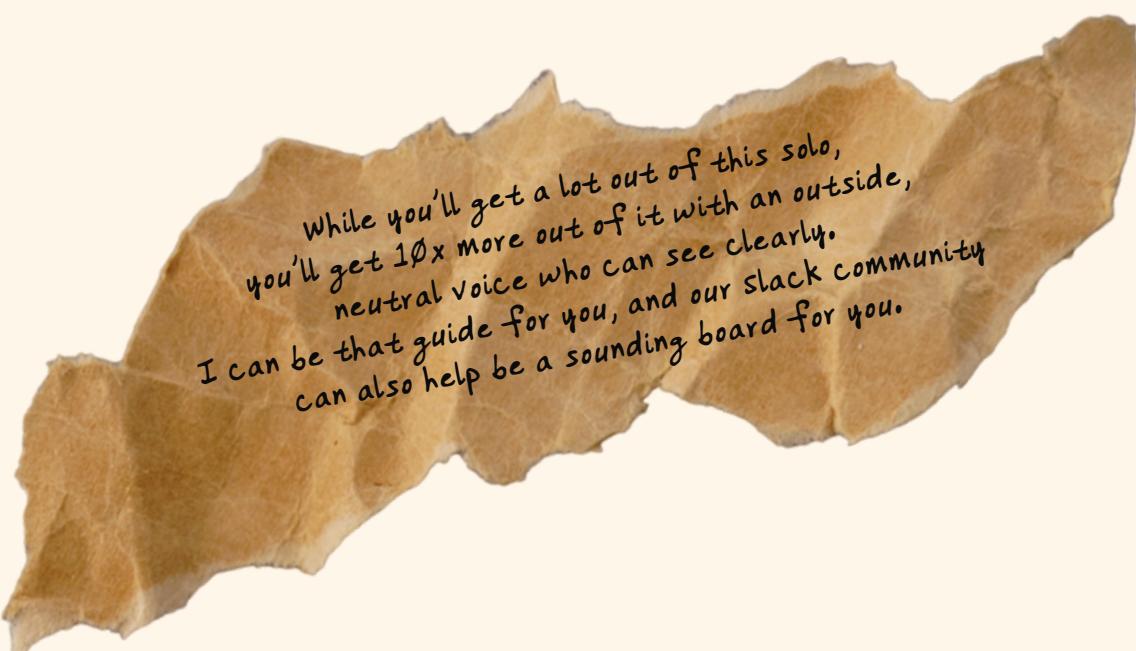
N.7

## SAMPLE TOOL FILLED IN.

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Yet the filled in example is meant to assist your frame of mind as you approach the tool yourself.

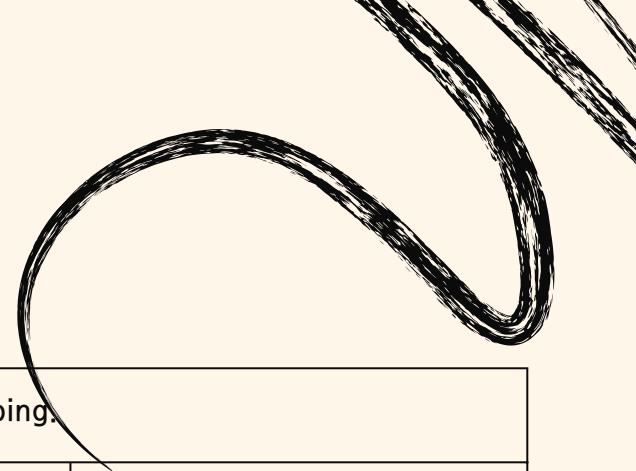


While you'll get a lot out of this solo,  
you'll get 10x more out of it with an outside,  
neutral voice who can see clearly.  
I can be that guide for you, and our slack community  
can also help be a sounding board for you.



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## The Mettle Test, Question 1



Create a list of beliefs, divided into the appropriate grouping

FIXED	FORMING	FLEXIBLE
I am a good person	I am kind	There are multiple dimensions
Biking > Running	I am patient	Wisdom is widely out there
Sex is awesome	I am in control of my impulses	There's some kinky stuff that's interesting
I'm only as good as my productivity	Tennis is cool too	I'm a failure
There is a God	Maybe there is more than my religion	If there is a God, they don't care much
I am a good strategic thinker	There are some forces out to get me	I won't ever be a good writer
My mistakes will catch up to me	The future isn't bright	My friends don't vibe with me
Love wins	Capitalism sucks	Weed > Beer
I'm worth more than I'm getting paid		I can't find more money
People enjoy my company		Joy is out of my reach



The Mettle Test,  
Question 1

# INTEGRATE Forming

Look at your FIXED beliefs. Can you identify their source? That is, where (and perhaps by whom) they were introduced into your life?

Write your answer here...

1. Childhood. My parents taught me about God, etc.
2. Work Wins/Accomplishments
3. Personal Development & Experiences

How would you feel if your FLEXIBLE list was twice as long, and your FIXED list half as long? At what mix of Fixed/Forming/Flexible do you stop being YOU?

Write your answer here...

I think I would be okay with it. I don't mind flexibility. I think having 5-10 fixed beliefs help me know I'm on the right track, but I like having lots of forming beliefs. I like exploring.

What sources are you currently looking toward to inform your FORMING beliefs? What influences keep your FIXED beliefs anchored?

Write your answer here...

Some of it I'm not actively seeking input on. Maybe I should...

I read a lot of business books to stay sharp. Sometimes I let myself enjoy a sci-fi novel. I love me a good podcast.



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# PREVIEW

GET A QUICK SNAPSHOT OF THE SECOND AND  
THIRD QUESTION IN THE METTLE TEST

KABEN KRAMER

The Mettle Test,  
Question 2



# “AM I AN IMPOSTER?”

N.1

## BELONGING, AT IT'S CORE

In a world saturated with posturing and production-centered narratives, it's all too easy to feel like an imposter in our own lives. We convince ourselves that once others uncover the truth of what we really know, they'll wonder how we ever made it this far.

But that's just a story we tell ourselves. No one else is thinking it—only us. What our instinctual, “lizard” brains are really trying to decipher is: “do I belong here?”

## SOMETIMES YOU'RE IN THE WRONG ROOM.

Reflect on what belonging truly means at its core. It's okay to realize that sometimes, you're simply in the wrong place. Recognizing this can be the catalyst for change, guiding you to where you truly belong.

The tools in this section will test you to see if you have what it takes to reframe your narrative, embrace your unique journey, and let your authentic self lead the way.

## FINDING BELONGING IS BASIC MATH. IT'S ALL ABOUT:

N.2

### PLACE

Often, we've spent our entire lives living according to someone else's expectations. We've adopted values imposed by others and made choices to please them. It's no wonder we feel out of place—sometimes, we are literally in the wrong room.

N.3

### VALUE

This sense of imposter syndrome is often rooted in how we've been conditioned to perceive our value. We've been taught to receive messages about our worth through a very narrow lens. True freedom and self-assurance come when we tap into our emotional core and rewire our value receptors.

Like solving a tricky equation, once you've properly aligned your PLACE and your VALUE, you'll see that you are not an imposter at all; you belong, and you carry the secret key to unlock life's mysteries.



N.4

## YOU BELONG TO YOURSELF

The only place you unquestioningly belong is inside your own body, experiencing your own life. You are only given this one life, and no one will live it for you. More importantly, no one has the ability to give to the world what you have to give. Only you can be you, and you can be no one else.

Ironically, every tool and message we've been given often directs us away from this fundamental truth, urging us to seek meaning elsewhere. For many of us, especially men, the arduous hero's journey is to awaken the wounded dragon inside, contend with the fiery gashes, and discover our most powerful center.

## UNCERTAIN BELONGING IS ACTIVE DISEMBODIMENT

N.5

### AWARENESS

The power of awareness is its compounding nature. Like using binoculars, increased awareness enhances our vision, with each layer building upon the last.

This makes it a powerful tool to unlock your most potent life.

N.6

### INTELLIGENCE

As we learn to rewire our internal value receptors, a profound transformation occurs: we begin to understand and speak languages of intelligence that were previously inaudible to us. This is the core content of the next course beyond this, but we will begin to touch on it here.

This journey is yours alone, and the world awaits your unique contribution.

The Mettle Test,  
Question 2



# HERE'S WHAT'S WAITING FOR YOU

35 PAGES OF AWESOME CONTENT,  
answering the question, "Am I an imposter?"

There are so many tools to help you unpack your sense of imposter syndrome, get to the bottom of it, and root it out completely.

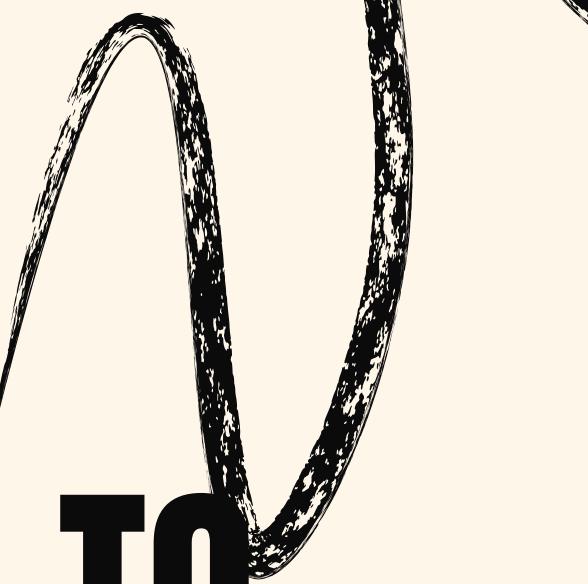
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The Mettle Test,  
Question 3

# “WHAT HAPPENED TO ME?”



## TAKE YOURSELF DOWN OFF THE SHELF

You've been working tirelessly to achieve the success you thought you needed and to provide for those you hold dear. Now that you've reached a place of stability, you realize you left something important behind.

You forgot yourself. In your effort to care for everyone else, you put yourself up on the proverbial shelf. Now, as you take a breath and become more aware of your mortality, you wonder if you can ever reclaim the person you once were.

N.2

### PRESENCE

You've always shown up for everyone else; now it's time to show up for yourself. This doesn't mean neglecting those you care deeply for. It means learning the practice of presence—being fully engaged and attentive to your own needs and experiences.

N.3

### ATTENTION

What captures our attention shapes our lives. From an early age, we've been told that certain things deserve our attention more than others. Yet, our own inner landscape deserves the most attention of all. The tools provided here will help you begin to reconnect with yourself.

## The Mettle Test, Question 3



N.4

## ROSY RETROSPECTION

One of the most powerful cognitive biases we experience is nostalgia. We often idealize the past, creating a utopian version of events. While it's true that there were many wonderful and amazing aspects of your past, it's essential to keep a balanced perspective.

In addressing Question 1, you gained clarity on your future—your preferred life. Question 2 clarified the present: what motivates you today and the choices available to you regarding value pathways.

To reclaim easy relationships through the power of self-indulgence, gaining clarity on your past is crucial. This ensures that comparisons are accurate rather than based on idealized memories. Remember:

**YOU ONCE DREAMED OF BECOMING  
WHO YOU ARE TODAY.**

N.5

## PLAN B

Tracking your progress can be done by reflecting on what your “Plan B” was if things didn’t go as planned. The tool on the next page will help you with this. Observing how far your fallback plans have evolved can also highlight the significant progress you’ve made in other areas.

N.6

## RE-ORIENT

When life shipwrecks you—whether on the lonely island of unfulfilling success or the sharp rocks of shattered dreams—remember that storms don’t come out of nowhere. Sometimes, our strengths can be our downfall, and growth often comes from an honest analysis of how we contribute to our own pain.



SOULSMITH

## The Mettle Test, Question 3



N.4

## WHAT SHAPED YOU

While a few dramatic events often leave a significant mark on who we are today, there's another powerful force at play—one that we have more control over: the everyday interactions that subtly and gradually shape us.

If big events are like landslides that dramatically alter the landscape, everyday interactions are like a patient sculptor, meticulously shaping us over time. The changes might be imperceptible from one day to the next, but looking back over the years, we can see the profound transformation.

## NO, YOU ARE NOT AN ISLAND

N.5

## SPONGEY

Though we may like to think of ourselves as independent thinkers who go against the current, the reality is we are constantly influenced and persuaded by our surroundings. Understanding how and why this happens is a crucial step toward living your preferred life.

N.6

## BIG SHIFTS

We are drawn to what reinforces our values and worldview. We're shaped by the people we surround ourselves with, the way we spend our time, and the data we consume. Often, we're reluctant to change the people around us, so to create a new life, we must change the data we consume and how we spend our time.



SOULSMITH

The Mettle Test,  
Question 3

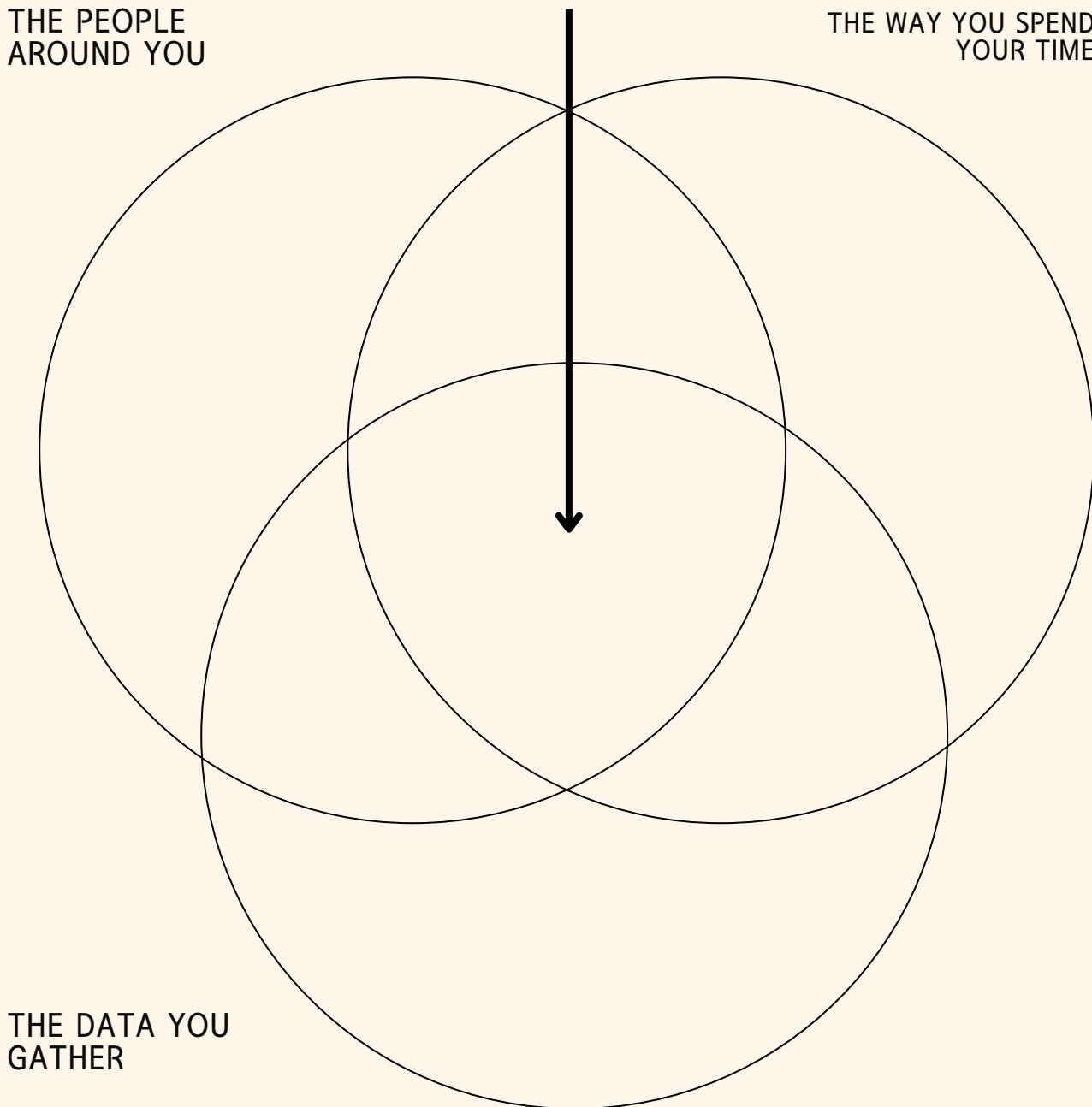
# THE PERSON YOU'RE BECOMING



THE PERSON  
YOU'RE  
BECOMING

THE PEOPLE  
AROUND YOU

THE WAY YOU SPEND  
YOUR TIME



The Mettle Test,  
Question 3



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