The Identity Audit

Find your next honest step.

Twelve questions. Ten honest minutes. One action to practice.

For men who want clearer direction, greater consistency, and a way to move forward they can respect.

You may know something needs to change without knowing where to begin. Use these questions to name a pattern, decide what is yours to address, and choose a manageable next step.

HOW TO USE THIS

Set a ten-minute timer. Give each question one honest sentence. Use a recent example rather than a general judgment about yourself. Then complete the seven-day plan. Return later if you want to write more.

This is a reflection workbook, not a test or diagnosis. There is no score. You do not need a polished answer to begin.

01 / FOUR AREAS TO REFLECT ON

Identity and standards

Define a standard you can recognize in action.

01. What do you stand for that you are not consistently living?

02. Which expectation are you following because it is yours, and which have you borrowed from others?

03. Choose one standard. What does it mean in practice, and how will you know when you are violating it?

Notice a pattern. Choose what you can act on. Leave what you cannot control.

02 / FOUR AREAS TO REFLECT ON

Ownership and integrity

Name your part without explaining it away.

04. Where did your behavior recently fall short of a standard you say matters?

05. What story did you tell yourself to justify it, and what situation triggered that response?

06. How can you state your responsibility plainly, and what will you change or repair?

Notice a pattern. Choose what you can act on. Leave what you cannot control.

03 / FOUR AREAS TO REFLECT ON

Systems and follow-through

Turn your standard into a decision rule.

07. What recurring situation tests one of your standards? Write a rule: When this happens, I will do this.

08. What routine, reminder, or change in your environment would make that action easier to repeat?

09. When will you review what happened, and who will you report your follow-through to?

Notice a pattern. Choose what you can act on. Leave what you cannot control.

04 / FOUR AREAS TO REFLECT ON

Relationships in practice

Make your standard visible to the people closest to you.

10. In which important relationship is there a gap between how you show up and how you want to show up?

11. Who has felt the impact of that gap, and what do you need to own or repair?

12. What specific time, attention, or action will you schedule for that relationship this week?

Notice a pattern. Choose what you can act on. Leave what you cannot control.

One choice. Put into practice.

Choose one area from your answers. Keep the action within your control and small enough to repeat.

The pattern I want to address:

The action I will take, and when and where I will do it:

When the usual obstacle appears, my smaller next step will be:

The person I will ask for support, and what I will ask:

REVIEW AFTER SEVEN DAYS

What did I practice? What helped? What needs to change?

Want structure and accountability? Explore Leader of One.

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