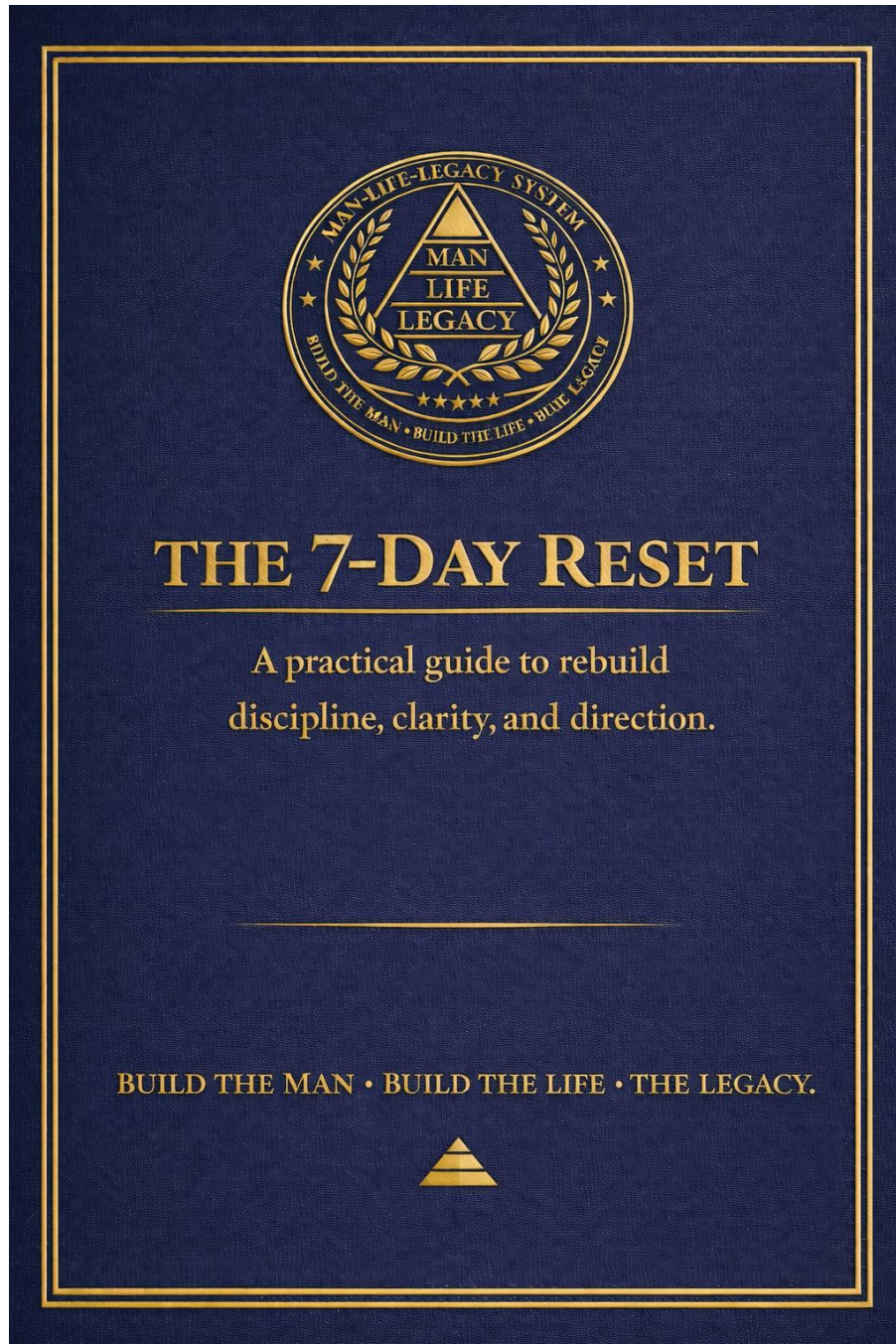


THE 7-DAY RESET

Reset is not retreat. It is a strategic return to discipline, clarity, and direction.

BUILD THE MAN • BUILD THE LIFE • BUILD THE LEGACY



START WITH THIS IDEA

A manual people admire is good. A manual people finish is powerful. This workbook is built to make you write, decide, commit, and act.

BUILD THE MAN • BUILD THE LIFE • BUILD THE LEGACY

The Lesson Behind the Medal

In 1987, while serving with the 124th Signal Battalion, 2nd Brigade, our unit deployed to Operation Pinon Canyon. It was there, under pressure and responsibility, that I learned a lesson I did not fully understand at the time.

During that deployment, I was responsible for maintaining communications during the brigade mission - work that later earned me the Army Achievement Medal from the Department of the Army.

At first, I thought the Army was rewarding wires, cables, and technical skill.

But what it was really recognizing was something deeper:

discipline, competence, and ownership.

Those three qualities would later become the foundation of how a man builds his life - and leaves a legacy.

RESET IS NOT RETREAT

Reset is how you regain position so the mission can continue. In the Army, reset was part of staying mission-ready. In life, it works the same way.

START HERE

This guide is not meant to be admired. It is meant to be used.

One day at a time. One honest reflection. One clear action.

You do not need perfection. You need movement.

QUICK START

- 1 - Ten quiet minutes. Remove distractions.
- 2 - Honest answers. Write the truth.
- 3 - One action. Take one step forward.

THE MAN-LIFE-LEGACY FRAMEWORK

BUILD THE MAN - Discipline, character, identity.

BUILD THE LIFE - Habits, health, daily structure.

BUILD THE LEGACY - Purpose, contribution, impact.

Everything begins with the man.

THE 10-MINUTE RESET

If you do nothing else in this guide, start here.

WRITE

Where in my life am I drifting right now?

What discipline have I quietly relaxed?

What action would immediately improve my direction?

ACTION STEP

Write one sentence: The man I am becoming must become more _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today

THE 7-DAY RESET MAP

Day 1 - FACE THE MAN IN THE MIRROR

Day 2 - CHOOSE DIRECTION

Day 3 - BUILD STRUCTURE

Day 4 - REVIEW THE FILM

Day 5 - BROTHERHOOD

Day 6 - REPAIR WHAT IS BROKEN

Day 7 - FACE THE HORIZON

Small actions. Serious momentum.

DAY 1 — FACE THE MAN IN THE MIRROR



Day 1 of 7



READ

Every reset begins with honesty. Before a man can build anything meaningful, he must face where he really is. Not where he wishes he was. Not where he used to be. Where he is now. Clarity is the starting point of change.

FIELD QUOTE

A man cannot rebuild what he refuses to name.

WRITE

Where am I strongest right now?

Where am I drifting?

What area of my life needs immediate attention?

ACTION STEP

Write one sentence: The man I am becoming must become more _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today

DAY 2 — CHOOSE DIRECTION



Day 2 of 7



READ

A man who does not choose direction will drift into one. Drift is a direction too. The question is not whether your life is moving. The question is whether it is moving where it should. Direction requires decision.

FIELD QUOTE

Clarity comes after commitment.

WRITE

Where is my current path leading?

What direction do I know I need to choose?

What decision have I been delaying?

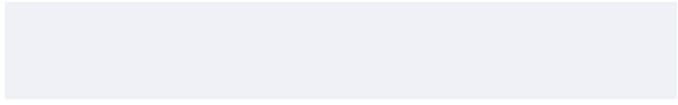
ACTION STEP

Complete this sentence: The path I choose is _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today



DAY 3 — BUILD STRUCTURE



Day 3 of 7



READ

Strength without structure does not last. Good intentions are not enough. Motivation is not enough. A strong man needs systems. Structure turns effort into consistency.

FIELD QUOTE

Structure creates strength.

WRITE

What daily habits strengthen my life?

What daily habits weaken my life?

What system do I need right now?

ACTION STEP

Choose three daily standards for this week: _____ / _____ / _____.

TODAY'S COMMITMENT

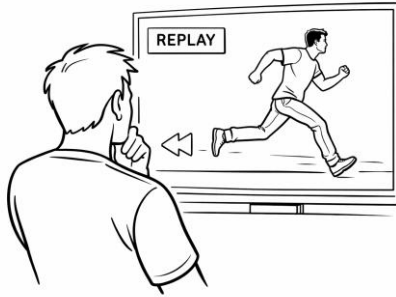
I completed today's reset.

One insight I learned today

DAY 4 — REVIEW THE FILM



Day 4 of 7



READ

A disciplined man does not just act. He reflects. If you never review your life, you will repeat your mistakes. Reflection is not weakness. It is correction.

FIELD QUOTE

What you inspect improves.

WRITE

What worked well this week?

Where did I lose discipline?

What pattern keeps repeating?

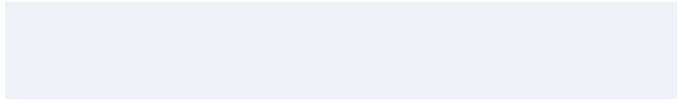
ACTION STEP

Write one improvement you will make tomorrow: _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today



DAY 5 — BROTHERHOOD



Day 5 of 7



READ

Isolation weakens men. A man may impress people alone, but he grows through honest brotherhood. Every strong man needs truth, accountability, encouragement, and challenge.

FIELD QUOTE

A man alone can hide. A man with brothers has to grow.

WRITE

Who sharpens me?

Who tells me the truth?

Who am I helping grow?

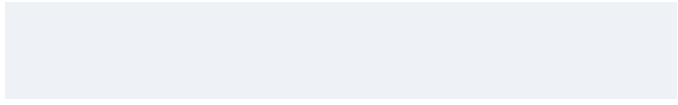
ACTION STEP

Reach out to one man this week: _____. How I will do it: _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today



DAY 6 — REPAIR WHAT IS BROKEN



Day 6 of 7



READ

Strong men do not ignore what is broken. They face it, repair it, and move forward. Avoidance keeps a man weak. Repair strengthens him.

FIELD QUOTE

Strong men are not men who never miss; they are men who repair quickly.

WRITE

What is broken in my life right now?

What responsibility have I been avoiding?

What repair needs to happen first?

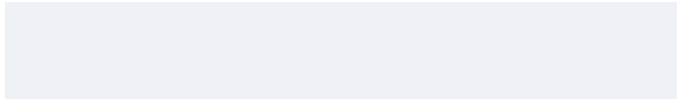
ACTION STEP

One repair action I will take today is _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today



DAY 7 — FACE THE HORIZON



Day 7 of 7



READ

A reset is not only about stopping drift. It is about regaining direction. A man needs a horizon. He needs a future worth moving toward. He needs purpose beyond today.

FIELD QUOTE

Direction determines destiny.

WRITE

What kind of man do I want to become?

What needs to change in the next 90 days?

What move starts now?

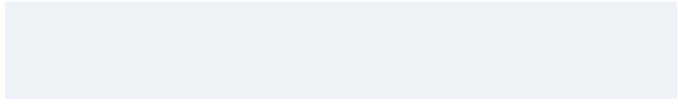
ACTION STEP

Complete this sentence: This week I will _____.

TODAY'S COMMITMENT

I completed today's reset.

One insight I learned today



THE RESET TRACKER

A reset is not completed by intention alone. It is completed by honest follow-through.

Day	Completed	One Honest Insight	Next Action
Day 1	<input type="checkbox"/>	_____	_____
Day 2	<input type="checkbox"/>	_____	_____
Day 3	<input type="checkbox"/>	_____	_____
Day 4	<input type="checkbox"/>	_____	_____
Day 5	<input type="checkbox"/>	_____	_____
Day 6	<input type="checkbox"/>	_____	_____
Day 7	<input type="checkbox"/>	_____	_____

WEEKLY REFLECTION

What did I learn about myself this week?

Where did I still drift?

ACTION STEP

Next week I will strengthen _____.

THE RESET DECLARATION

DECLARATION

I refuse to drift.

I choose discipline over excuses.

I choose clarity over confusion.

I choose purpose over comfort.

I will build the man.

I will build the life.

I will build the legacy.

SIGN

Signature

Date

YOUR NEXT STEP

The reset is not the destination. It is the beginning.

Seven days can restore clarity. Seven days can rebuild momentum. Seven days can interrupt drift.

Which area needs my attention most right now?

- Build the Man**
- Build the Life**
- Build the Legacy**

REFLECT

Why?

ACTION STEP

My next serious step is _____.

FINAL LINE

Reset is not retreat. It is how a man gets back in position so the mission can continue.