

7-Day Guided Workbook for Men

Rebuilding Strength, Clarity, and Purpose

7-Day Workbook Introduction: “The Reset”

This is for the man who’s been showing up — for work, for others, for the world — but wants to start showing up for himself.

For the man who’s tired of being in his head all day.

For the man who wants to feel strong again — not just physically, but mentally, emotionally, and spiritually.

You don’t need a whole new life. You just need a reset.

Seven days to breathe deeper, think clearer, and reconnect with what drives you.

This workbook isn’t about becoming someone else — it’s about stripping away everything that isn’t you. Each page is a mirror, helping you see where you’ve been on autopilot and where you’re ready to lead yourself differently.

All it takes is a few minutes a day. One thought. One breath. One honest reflection.

How to Use This Workbook

- Complete one entry per day.
 - Write without judgment or perfection.
 - End each day by reading your affirmation aloud — out loud or quietly to yourself.
 - At the end of the week, review your notes and notice how your awareness has shifted.
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The Four Foundations

- **Mind:** Focus and clarity

- **Emotion:** Awareness and regulation
 - **Body:** Movement and recovery
 - **Spirit:** Integrity and purpose
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Day 1: Awareness

Today's Date: _____

Where did my mind spend most of its time today?

How did I feel emotionally?

What did I notice about my energy or posture today?

What brought me peace or clarity?

Gratitude for Today:

Affirmation for Today:

“Awareness is the foundation of change.”

Day 2: Focus

Today's Date: _____

What did I focus my attention on today?

What distractions pulled me away from what matters?

How can I create more structure or order tomorrow?

What helped me feel productive and clear?

Gratitude for Today:

Affirmation for Today:

“I give my energy to what builds me.”

Day 3: Emotion

Today's Date: _____

What emotion stood out to me today?

What might have triggered it?

How did I respond — and how do I wish I had?

What would it look like to respond with strength *and* calm next time?

Gratitude for Today:

Affirmation for Today:

“I can feel deeply without losing control.”

Day 4: Body

Today's Date: _____

How did I move my body today?

What did I eat or drink that gave me energy (or drained it)?

How did my body feel — tight, strong, tired, or balanced?

What will I do tomorrow to feel better physically?

Gratitude for Today:

Affirmation for Today:

“My body reflects the discipline I choose.”

Day 5: Purpose

Today's Date: _____

What drives me to get out of bed in the morning?

What kind of man am I becoming?

What actions today aligned with my values — and what didn't?

Gratitude for Today:

Affirmation for Today:

"I live each day with purpose and integrity."

Day 6: Connection

Today's Date: _____

Who did I connect with today — deeply, not just surface level?

How did I show up in that conversation or moment?

Who could I reach out to tomorrow to strengthen that bond?

What does true connection look like to me right now?

Gratitude for Today:

Affirmation for Today:

"Connection is built through honesty and presence."

Day 7: Reflection

Today's Date: _____

What have I learned about myself this week?

What's improved in my mindset or habits?

Where do I still feel resistance or tension?

What one commitment will I carry into next week?

Gratitude for Today:

Affirmation for Today:

“I am grounded, focused, and moving forward with purpose.”

Weekly Reflection

What patterns did I notice in my mind, emotions, and energy this week?

What changes made me feel stronger or calmer?

Where do I want to build more consistency next week?

What am I grateful for as I step forward?

Closing Thought:

“Growth happens in quiet moments of honesty.

Every page you filled was a step toward peace, power, and purpose.”

7-Day Workbook Closing: “The Reflection”

Seven days may not change everything, but it changes something — you.

By taking the time to slow down, breathe, and reflect, you’ve begun the process of regulating your mind and body. You’ve proven that awareness is power — and that power starts within.

Carry this clarity forward. Keep breathing through resistance. Keep choosing reflection over reaction.

You’re not done — you’re just getting started.