



D O N ' T G E T P L A Y E D .

THE 10-STEP RESET

10 MOVES. ONE BETTER VERSION OF YOU.

HEALTH / MONEY / RELATIONSHIPS / PROTECTION / LIFE

D O N ' T G E T P L A Y E D .

DO THE WORK. TRACK THE RESULTS. CHECK YOURSELF. REPEAT.

A FREE FINE PRINT E-GUIDE FOR MEN

START HERE

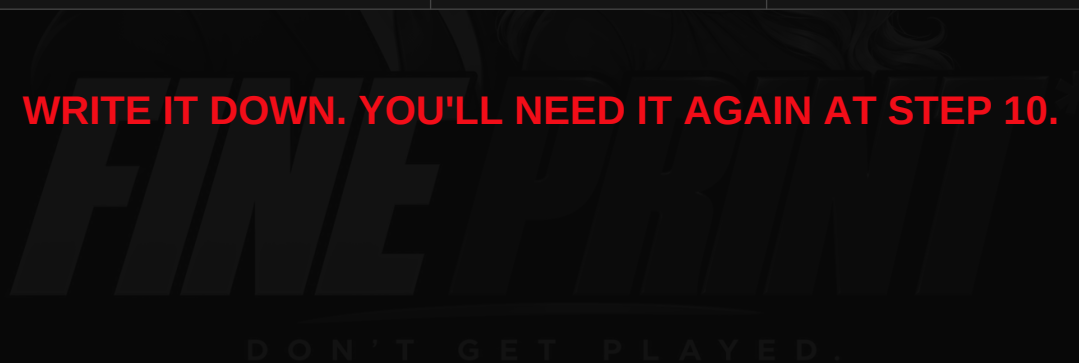
THE RESET

No 100-page self-help book. No endless theory. This is a tactical reset: measure where you are, make concrete moves, then come back and measure again.

The rule is simple: **don't bullshit yourself**. Write down the numbers. Do the work. Keep what works. Correct what doesn't.

AREA	START SCORE	RECHECK SCORE
HEALTH	____ / 10	____ / 10
MONEY	____ / 10	____ / 10
RELATIONSHIPS	____ / 10	____ / 10
CAREER	____ / 10	____ / 10
LIFE	____ / 10	____ / 10

WRITE IT DOWN. YOU'LL NEED IT AGAIN AT STEP 10.



STEP 1 / 10

AUDIT YOUR LIFE

Before you improve anything, figure out where you actually stand.

YOUR MISSION

- Score yourself 1-10 in: Health, Money, Relationships, Career, and Life.
- Identify your weakest category.
- Write down the #1 problem holding you back.
- Save your scores - you will use them again in Step 10.



COMPLETE THIS STEP BEFORE MOVING ON.

KNOW YOUR STARTING POINT.

FINE PRINT*

DON'T GET PLAYED.

STEP 2 / 10

CHECK YOUR ENGINE

Stop guessing about your health. Get actual numbers.

YOUR MISSION

- Schedule a blood test.
- Ask your clinician whether checking testosterone and other basic labs is appropriate.
- Check blood pressure.
- Record weight and waist.
- Save your results.
- Pick one measurable area to improve.



COMPLETE THIS STEP BEFORE MOVING ON.

KNOW YOUR BASELINE. THEN BUILD FROM IT.

FINE PRINT*

DON'T GET PLAYED.

STEP 3 / 10

BUILD THE BODY

You don't need perfection. You need consistency.

YOUR MISSION

- Train at least 3x per week.
- Move every day.
- Prioritize protein and quality whole foods.
- Cut one major food or drinking habit working against you.
- Get serious about sleep.
- Track what you actually do - not what you planned to do.



COMPLETE THIS STEP BEFORE MOVING ON.

BUILD A BODY THAT CAN HANDLE YOUR LIFE.

FINE PRINT*
DON'T GET PLAYED.

STEP 4 / 10

KNOW YOUR MONEY

Looking successful and being financially strong are two different things. Find your real number.

YOUR MISSION

- List your assets.
- List your debts.
- Calculate your net worth.
- Review the last 30 days of spending.
- Find your biggest money leaks.
- Cut three expenses that aren't improving your life.



COMPLETE THIS STEP BEFORE MOVING ON.

ASSETS - DEBT = REALITY.

FINE PRINT*

DON'T GET PLAYED.

STEP 5 / 10

BUILD YOUR MONEY WALL

One unexpected bill shouldn't destroy your month. Build protection between you and financial chaos.

YOUR MISSION

- Start or strengthen an emergency fund.
- List every debt and its interest rate.
- Choose a debt-paydown strategy.
- Review your credit reports.
- Automate savings where practical.
- Stop creating unnecessary new debt.



COMPLETE THIS STEP BEFORE MOVING ON.

CASH CREATES OPTIONS.

FINE PRINT*

DON'T GET PLAYED.

STEP 6 / 10

BUILD SOMETHING

You can only cut expenses so far. Eventually, you need to become more valuable.

YOUR MISSION

- Increase your primary income, learn a valuable skill, or pursue a certification.
- Start a legitimate side business or build/acquire an asset.
- Begin a long-term investment strategy you understand.
- Pick at least one path and take a concrete first action.



COMPLETE THIS STEP BEFORE MOVING ON.

CREATE. BUILD. OWN.

FINE PRINT*

DON'T GET PLAYED.

STEP 7 / 10

AUDIT YOUR RELATIONSHIPS

Attraction can make smart people ignore obvious problems. Stop evaluating relationships solely by how someone makes you feel.

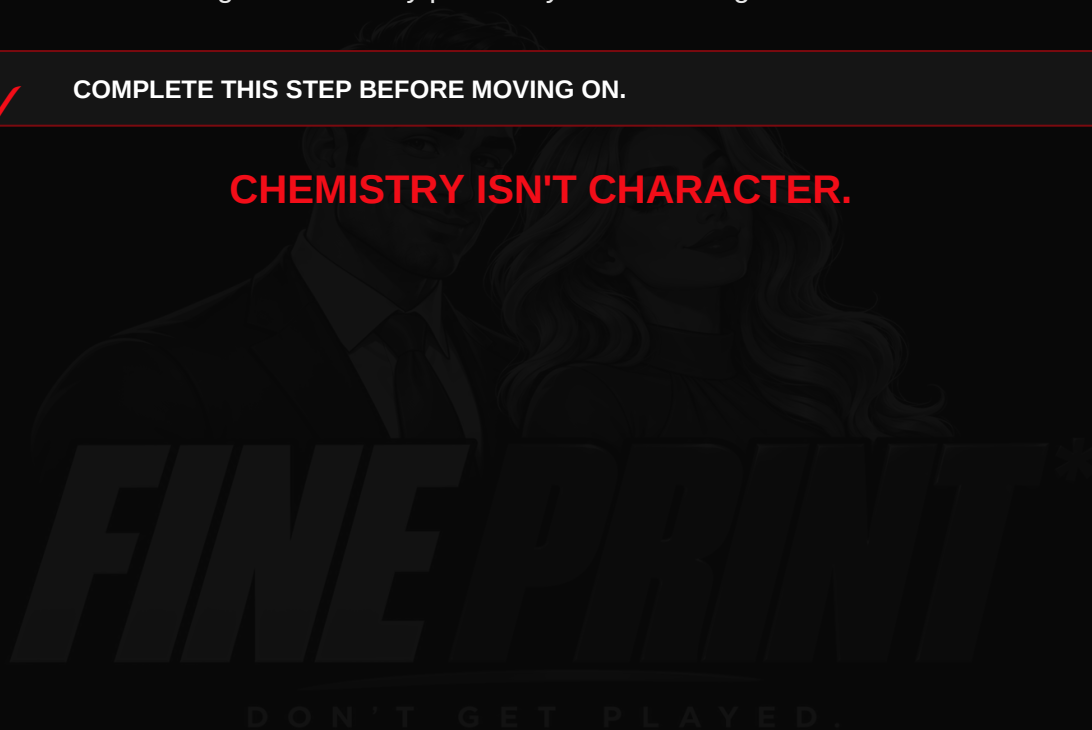
YOUR MISSION

- Look for accountability, honesty, consistency, respect, financial responsibility, and conflict behavior.
- Look at yourself too: what do you repeatedly tolerate, ignore, or contribute to?
- Write down three red flags or unhealthy patterns you will no longer excuse.



COMPLETE THIS STEP BEFORE MOVING ON.

CHEMISTRY ISN'T CHARACTER.



STEP 8 / 10

PROTECT YOURSELF

Good intentions don't eliminate consequences. Know what you're agreeing to before your signature, money, or assets become involved.

YOUR MISSION

- Before combining major money, housing, debt, property, businesses, purchases, or legal obligations - understand the consequences.
- Read contracts.
- Keep records and receipts.
- Document important agreements.
- Get qualified professional advice when the stakes justify it.



COMPLETE THIS STEP BEFORE MOVING ON.

READ BEFORE YOU SIGN. READ THE FINE PRINT.

FINE PRINT*
DON'T GET PLAYED.

STEP 9 / 10

CONTROL YOUR ENVIRONMENT

Your environment eventually becomes your standard. Clean up what's around you - and what's distracting you.

YOUR MISSION

- Clean your home and vehicle.
- Organize your finances.
- Secure your passwords and accounts.
- Remove one destructive habit.
- Finish something you've been putting off.
- Spend more time around people whose habits you respect.



COMPLETE THIS STEP BEFORE MOVING ON.

BUILD AN ENVIRONMENT THAT PULLS YOU FORWARD.

FINE PRINT*
DON'T GET PLAYED.

CHECK YOURSELF

AFTER 30 DAYS, GO BACK AND RESCORE YOURSELF. IT'S THAT SIMPLE.

"To improve every day is to be perfection. To do the same thing every day only to get the same failed result is insanity."

ARE YOU INSANE, OR ARE YOU GOING TO GET BETTER?

You made the changes. Now find out if they actually worked.

YOUR MISSION

Go all the way back to Step 1 and run the entire audit again.

1. **LIFE** - Re-score Health, Money, Relationships, Career, and Life.
2. **HEALTH** - Compare your health markers and repeat appropriate testing when medically indicated.
3. **BODY** - Review workouts, nutrition, weight, sleep, and consistency.
4. **MONEY** - Recalculate net worth and review where your money actually went.
5. **SECURITY** - Did savings increase? Did debt decrease?
6. **GROWTH** - Did income, skills, business, or assets move forward?
7. **RELATIONSHIPS** - Did you enforce better standards or repeat old patterns?
8. **PROTECTION** - Are contracts, records, accounts, and documents better organized?
9. **ENVIRONMENT** - Did you eliminate chaos or slowly let it return?

WHERE DID I WIN?

WHERE DID I FAIL?

WHAT DID I SAY I'D DO - BUT DIDN'T?

WHAT ACTUALLY CHANGED?

WHAT STILL NEEDS WORK?

Keep what worked. Correct what didn't.

THEN GO BACK TO 1.

1 → 10 → 1

AUDIT. ACT. MEASURE. CORRECT. REPEAT.





THAT'S THE FINE PRINT.

Know your numbers. Know your weaknesses. Know your relationships. Know your money. Know what you're signing. Know when you're slipping.

Most importantly: know yourself.

READ THE FINE PRINT.

DON'T GET PLAYED.

Educational information only. This guide is not medical, legal, tax, investment, or financial advice. Consult appropriately qualified professionals regarding your individual circumstances.