OPTILIFE

THE 32

FIELD MANUAL

The 32-Day Founder Workbook

"The man who writes Day 1 is not the man who writes Day 32.
This is the workbook that proves it."

FOUNDER NAME _____

START DATE — DAY 1 _____

END DATE — DAY 32 _____

THE BREAK IS WHERE THE GOLD GOES.

FROM THE MAN WHO BUILT IT

A Letter From Bobby

Brother —

If you're holding this, you've already done the hardest part. You decided to look at where you are honestly. Most men never get that far.

32 days. That's what we've got. Not a lifetime. Not a year. 32 days of honest work that will reforge you into someone you didn't think you could become.

I'm not going to tell you this will be easy. I'm not going to tell you 32 days is enough to fix everything. I'm going to tell you what I know is true: if you do the work in these pages — actually do it, not just read it — you will be different in 32 days. Not perfect. Not healed. Not finished. **DIFFERENT.**

This Field Manual is the receipt of your reforging. Every page you fill out is proof. Every day you check off the Daily 5 is proof. Every 9pm question you answer honestly is proof. On Day 32, you'll compare who you were on Day 1 to who you are now, and you'll see what you couldn't see going in.

A few rules:

- **Do the work in ink.** Print these pages and write by hand, or run it in the Forge and talk it out loud. Don't "keep it in your head." Getting it OUT of you is the work.
- **Be honest.** The whole thing falls apart if you lie to yourself in these pages. Nobody reads this but you.
- **Do the Daily 5.** Even on bad days. Especially on bad days. The floor doesn't move.
- **Run the Evening Questions every night at 9pm.** Set a phone alarm. Make it sacred.
- **If a night comes back heavy — STOP.** Call a brother. Call 988 if you need to. Come back to the work when you're standing.
- **Sunday Ritual is non-negotiable.** 60 minutes. No phone. Notebook. Coffee. God.
- **Film yourself daily. Photo daily.** The proof builds in the documentation.

I built this program after building it on myself first. I'm not selling you something I haven't run. I almost didn't make it through some of the dark stretches. I'm still here. So are you. That means something.

Now do the work. The next 32 days are yours.

— Bobby Persall

Saint Sin · DFW, Texas

Crack filled with gold.

READ THIS BEFORE DAY 1

How To Use This Book

PHASE 1 — UNCOVERING
Days 1–10

You admit what's actually true about where you are. The avoidance comes off. Lessons L0–L4½ land here.

PHASE 2 — REFORGING
Days 11–21

The rebuild. Tools applied. Habits installed. The new self under construction. Lessons L5–L8 land here.

PHASE 3 — STANDING
Days 22–32

The Reforged Man integrates. The framework becomes YOUR framework. You graduate as someone you didn't think you could become. L9–L12.

THE LESSON RELEASE SCHEDULE

Day 1	L0 The Confession + L1 The Honest Mirror	Day 17	L7 The Sunday Ritual
Day 4	L2 Run the Reset	Day 20	L8 The Decompression Sequence
Day 7	L3 The Hardwires · Sunday Ritual #1	Day 22	L9 The Anchor Stones
Day 9	L4 The Daily 5	Day 25	L10 The Brotherhood
Day 10	L4½ The Force Multiplier (in the app)	Day 27	L11 The Inheritance Letter
Day 12	L5 The Evening Questions	Day 30	L12 The Reforged Man
Day 14	L6 The Nervous System Truth	Day 32	GRADUATION — Day 32 Inventory

THE RULES

- Get it out of you — ink on these pages, or out loud in the Forge. Date every entry.
- Don't skip days. Miss one? Mark it missed and continue. Don't pretend it didn't happen.
- Don't lie. Nobody reads this but you.
- Film + photo daily — proof builds in the documentation.
- Run the Evening Questions every night, even when you don't want to.
- If a night comes back heavy, do not carry it alone. Reach out.
- Sunday Ritual is sacred. Protect it like your life depends on it. It might.
- This printed manual and the Forge app are the same workbook — use either, or both.

CRISIS RESOURCES — KEEP THESE VISIBLE.

988 — Suicide & Crisis Lifeline (call or text) · free, 24/7, confidential. · Text **HOME** to **741741** — Crisis Text Line. · Immediate danger: call **911**.

This Field Manual is not a substitute for crisis intervention. If you are at the edge, the right call is 988. Come back to this book when you are standing.

THE WHOLE SYSTEM ON TWO PAGES

Every Day, Every Night, Every Sunday

EVERY MORNING — THE DAILY 5

Five practices build a man. All five, every day — that's the vote you cast for the man you're becoming. On your hardest day the floor — meditation and affirmations — keeps the streak alive; the aim is the whole Five.

1. **Morning meditation** — soft eyes, box breathing, then your Symbol of Power. Come back to yourself before the world starts pulling on you.
2. **Affirmations + Hardwires, out loud** — all seven. Train your mind to hear a different voice.
3. **10+ minutes of reading or listening** that makes you stronger — even ten minutes counts; build toward the hour.
4. **Goals with deadlines** — a goal without a date is a wish. (Talk it out — AI sorts it in seconds.)
5. **Priorities in order, hardest first** — so you know exactly where to swing today.

EVERY DAY — DOCUMENTATION *(your phone · 5–10 min)*

- ☐ Film 1 video (3–5 min talking to camera — what's true today)
- ☐ Take 1 photo (transformation tracking)
- ☐ Voice memo (30–60 sec if an insight, struggle, or win hits)

Don't edit. Don't post. Just capture. On Day 32 this becomes the proof.

EVERY NIGHT — THE EVENING QUESTIONS *(9pm · set the alarm)*

1. On a scale of 1–10, how stressful was your day — **and what decided that number?**
2. What drained your energy the most today?
3. What filled your spirit the most today?
4. What did you learn from yourself — not about, **FROM** — yourself today?

The first question is the one most men skip — and it's the point. Over time, the "why" teaches you what you actually count as stress. No one closes the day carrying it alone: if a night comes back heavy — Hardwires out loud, run the Reset, reach a brother.

EVERY SUNDAY — THE SUNDAY RITUAL *(Days 7 · 14 · 21 · 28)*

The Daily 5 keeps you moving. The Sunday Ritual keeps you aimed. You don't need a free hour — you need ten honest minutes.

THE FLOOR — 10 MIN, NEVER SKIP

1. Score the week 1–10 — to see it honestly, not judge it
2. Speak all seven Hardwires out loud
3. Next week's ONE big thing — not ten, one
4. Sit quiet for one minute before you get up

THE FULL HOUR — WHEN YOU'VE GOT MORE

1. Review the week — what worked, what didn't, what ONE thing changes
2. This week's bigger goals, each with a deadline
3. Priorities hardest-first — the week's aim
4. Read one passage — scripture, poetry, wisdom
5. Pray / meditate / sit with God — listen more than you speak

WHEN THE SPIRAL STARTS — THE RESET *(5 steps · practice while calm)*

1. **Breathe** — 4 in, 4 held, 6 out. Five times.
2. **Anchor** — say your name and one true thing out loud.
3. **Water** — 16 oz, right now.
4. **Move** — 20 reps of anything.
5. **Reframe** — one sentence, not as the victim: "A hard thing happened, and I'm handling it."

FOR THE EDGE — THE DECOMPRESSION SEQUENCE

If you're truly at the edge right now, reach out first — call or text 988, any hour, free and confidential. *Then bring your body back. You don't think your way back to calm — the body goes first. In order:*

1. **WATER** — 16 oz immediately
2. **AIR** — step outside, ten conscious breaths
3. **GROUND** — feet flat; name 5 things you see, 4 you hear, 3 you feel
4. **REACH** — call or text one brother (not for advice — to break the isolation)
5. **ACT** — one small physical thing: a walk, a shower, the dishes

IF YOU ONLY HAVE 10 MINUTES TODAY

Some days are chaos. Kids. Work. Life. On those days, do the FLOOR — and the floor doesn't move:

1. Morning meditation — even two minutes — and your Hardwires out loud
2. Film a 60-second video: "Day X. Here's what's true."
3. The Evening Questions at 9pm — five minutes, honest

MISSING THE PERFECT DAY IS FINE. MISSING THE FLOOR IS HOW THE PROGRAM DIES.

Day 1 — The Reforging Inventory

Read each question slowly. Answer honestly. This is who you are TODAY. No one else reads this. Lie here, and the 32 days don't work.

SECTION A — THE PHYSICAL TRUTH

Right now, my sleep average per night is _____ hours.

Right now, my physical health on a 1–10 scale is _____ . Why that number?

The last time I worked out consistently was:

My current weight is _____ . The weight I last felt good at was _____ .

My energy in a typical day, scale 1–10, is _____ .

SECTION B — THE EMOTIONAL TRUTH

The emotion I feel most often that I don't want to admit:

The last time I cried was _____ . What was it about?

The last time I felt truly happy was _____ . What was happening?

The last time I felt RAGE was _____ . What was it about?

On a 1–10 scale, where would I score my overall mental state right now? _____

SECTION C — THE RELATIONAL TRUTH

The 3 most important relationships in my life right now:

Of those 3, which one is suffering most? Why?

Who knows the REAL me? Name them.

Who do I trust enough to call at 2am if I needed to?

Who have I lost contact with that I shouldn't have?

SECTION D — THE WORK TRUTH

Do I love what I do? Yes / No / Sometimes. Explain:

If money wasn't a factor, what would I be doing instead?

The most stressful thing about my work right now is:

I am proud of this about my work:

SECTION E — THE SPIRITUAL TRUTH

My relationship with God / a higher power / spiritual practice right now:

The last time I prayed / meditated / sat with God:

What I want my spiritual life to feel like:

SECTION F — THE DARK TRUTH

These questions are uncomfortable. They are also important. Answer honestly. If anything you write here scares you, that's a signal. Call **988** *if you need to before continuing.*

Have I thought about ending my life in the past year? (Yes / No)

If yes — describe what was happening:

Do I numb out regularly? (Alcohol, weed, food, scrolling, porn, work, etc.) — be specific:

The lie I tell myself most often:

SECTION G — THE FATHERHOOD / FAMILY TRUTH

Skip this section if it doesn't apply — but most men this was built for have someone they're responsible for.

My kids / family would describe me as: (be honest about what they'd actually say)

What I want them to remember about me when they're 40 years old:

The gap between who I am now and who I want them to remember:

SECTION H — THE OVERALL TRUTH

Why am I doing OptiLife? (What broke that I'm trying to put back together?)

What does "Reforged" mean to me right now, before I've earned the word?

If 32 days from now I could change ONE thing, what would it be?

DATE COMPLETED _____

This Day 1 Reforging Inventory is the baseline. **Do not look at it again until Day 32.** On Day 32, you will fill out the same inventory. The proof of the work is in the comparison. Keep this page sacred.

L0 — The Confession Worksheet

Do not rush. Sit with what you heard.

1. What part of Bobby's story hit you hardest? Why?

2. What part did you recognize in your own life?

3. What part scared you?

YOUR OWN CONFESSION — THREE PARAGRAPHS

Write what is TRUE about where you are right now. Not what you want others to think. Not what you hope is true. What IS true.

PARAGRAPH 1 — WHERE YOU ARE

PARAGRAPH 2 — HOW YOU GOT HERE

PARAGRAPH 3 — WHAT YOU NEED

WHAT TO DO WITH THIS CONFESSION: Do not show this to anyone yet. Read it aloud to yourself ONE TIME. Then close the page. Keep it for Day 32 — you'll read it again and see what shifted.

This is between you and you.

DAY 1 OF 32

PHASE 1 · UNCOVERING DATE _____

TODAY'S FOCUS: Complete L0 — The Confession (your own) + the Day 1 Reforging Inventory + film your Day 1 video + baseline photos.

CURRENT LESSON: L0 The Confession + L1 The Honest Mirror

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 2 OF 32

PHASE 1 · UNCOVERING

DATE _____

TODAY'S FOCUS: L1 worksheet + your first Daily 5 day.

CURRENT LESSON: L0 The Confession + L1 The Honest Mirror

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 3 OF 32

PHASE 1 · UNCOVERING

DATE _____

TODAY'S FOCUS: Continue the Daily 5. Build the floor.

CURRENT LESSON: L0 The Confession + L1 The Honest Mirror

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 4 OF 32

PHASE 1 · UNCOVERING

DATE _____

TODAY'S FOCUS: L2 drops — Run the Reset.

CURRENT LESSON: L2 Run the Reset

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 5 OF 32

PHASE 1 · UNCOVERING DATE _____

TODAY'S FOCUS: Practice the Reset 3× today (build the muscle before the crisis).

CURRENT LESSON: L2 Run the Reset

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 6 OF 32

PHASE 1 · UNCOVERING

DATE _____

TODAY'S FOCUS: Continue Reset practice.

CURRENT LESSON: L2 Run the Reset

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 7 OF 32

PHASE 1 · UNCOVERING

SUNDAY RITUAL #1 DATE _____

TODAY'S FOCUS: L3 drops — The Hardwires + your FIRST Sunday Ritual.

CURRENT LESSON: L3 The Hardwires

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 8 OF 32

PHASE I · UNCOVERING

DATE _____

TODAY'S FOCUS: Write your 3 personal Hardwires. Speak all 7 daily.

CURRENT LESSON: L3 The Hardwires

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 9 OF 32

PHASE 1 · UNCOVERING

DATE _____

TODAY'S FOCUS: L4 drops — The Daily 5 formalized.

CURRENT LESSON: L4 The Daily 5

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 10 OF 32

PHASE 1 · UNCOVERING DATE _____

TODAY'S FOCUS: L4½ drops — The Force Multiplier: let AI carry your goals + to-do so the Daily 5 takes minutes, not hours. End of Phase 1.

CURRENT LESSON: L4½ The Force Multiplier

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 11 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: All 5, every day — and let the machine do the heavy lifting.

CURRENT LESSON: L4½ The Force Multiplier

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 12 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: L5 drops — the Evening Questions formalized (the 9pm check-in).

CURRENT LESSON: L5 The Evening Questions

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 13 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: Continue practice.

CURRENT LESSON: L5 The Evening Questions

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 14 OF 32

PHASE 2 · REFORGING

SUNDAY RITUAL #2 DATE _____

TODAY'S FOCUS: L6 drops — Nervous System Truth + Sunday Ritual #2.

CURRENT LESSON: L6 The Nervous System Truth

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 15 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: Track your nervous-system state across the full day.

CURRENT LESSON: L6 The Nervous System Truth

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 16 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: MID-POINT — weigh-in + photos + a voice-memo reflection.

CURRENT LESSON: L6 The Nervous System Truth

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · **Today's goals — each with a deadline** *(a goal without a date is a wish)*:

5 · **Today's priorities, in order — hardest first:**

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · **How stressful was your day, 1–10? ____ What decided that number?**

2 · **What drained your energy the most today?**

3 · **What filled your spirit the most today?**

4 · **What did you learn from yourself today?**

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 17 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: L7 drops — the Sunday Ritual, formally taught.

CURRENT LESSON: L7 The Sunday Ritual

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 18 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: Apply your Sunday Ritual learnings.

CURRENT LESSON: L7 The Sunday Ritual

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

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- [ ] Photo taken
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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 19 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: Continue practice.

CURRENT LESSON: L7 The Sunday Ritual

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

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- [ ] Photo taken
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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 20 OF 32

PHASE 2 · REFORGING

DATE _____

TODAY'S FOCUS: L8 drops — the Decompression Sequence.

CURRENT LESSON: L8 The Decompression Sequence

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 21 OF 32

PHASE 2 · REFORGING

SUNDAY RITUAL #3 DATE _____

TODAY'S FOCUS: End of Phase 2 — Reforging complete + Sunday Ritual #3.

CURRENT LESSON: L8 The Decompression Sequence

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

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- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 22 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: L9 drops — write your 5 Anchor Stones.

CURRENT LESSON: L9 The Anchor Stones

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 23 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: Read your Anchor Stones every morning this week.

CURRENT LESSON: L9 The Anchor Stones

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 24 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: Apply them — note any moment they were tested.

CURRENT LESSON: L9 The Anchor Stones

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 25 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: L10 drops — name your 3–5 brothers and reach out.

CURRENT LESSON: L10 The Brotherhood

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 26 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: Complete your Brotherhood outreach this week.

CURRENT LESSON: L10 The Brotherhood

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 27 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: L11 drops — write your Inheritance Letter.

CURRENT LESSON: L11 The Inheritance Letter

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 28 OF 32

PHASE 3 · STANDING

SUNDAY RITUAL #4

DATE _____

TODAY'S FOCUS: Sunday Ritual #4 (final) + read your Inheritance Letter aloud.

CURRENT LESSON: L11 The Inheritance Letter

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

DOCUMENTATION *(your phone)*

- [ ] Video filmed (3–5 min — what's true today)
- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 29 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: Integration practice.

CURRENT LESSON: L11 The Inheritance Letter

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 30 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: L12 drops — The Reforged Man.

CURRENT LESSON: L12 The Reforged Man

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

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- [ ] Photo taken
- [ ] Voice memo if it hit

THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 31 OF 32

PHASE 3 · STANDING

DATE _____

TODAY'S FOCUS: Prepare for tomorrow's Day 32 Reforging Inventory.

CURRENT LESSON: L12 The Reforged Man

THE DAILY 5

- [ ] **1 · Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] **2 · Affirmations + all seven Hardwires**, out loud
- [ ] **3 · 10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

5 · Today's priorities, in order — hardest first:

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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

DAY 32 OF 32

PHASE 3 · STANDING DATE _____

TODAY'S FOCUS: Complete the Day 32 Inventory, compare it to Day 1, and film your graduation video.

CURRENT LESSON: L12 The Reforged Man — GRADUATION

THE DAILY 5

- [ ] 1 · **Morning meditation** — soft eyes, box breathing, then your Symbol of Power
- [ ] 2 · **Affirmations + all seven Hardwires**, out loud
- [ ] 3 · **10+ minutes of reading or listening** that makes you stronger

4 · Today's goals — each with a deadline *(a goal without a date is a wish)*:

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THE EVENING QUESTIONS *(9pm)*

1 · How stressful was your day, 1–10? ____ What decided that number?

2 · What drained your energy the most today?

3 · What filled your spirit the most today?

4 · What did you learn from yourself today?

If the day was heavy — speak your Hardwires, run the Reset, reach a brother. No one closes the day alone.

COMPLETED DURING L3 · DAY 7

The Hardwires Worksheet

The Hardwires are installed truths that override the old programming. Your brain judges a belief by whether it's familiar, not whether it's true — so you out-repeat the old voice. Four are universal. Three are personal — built by you.

THE FOUR UNIVERSAL HARDWIRES — *spoken out loud every morning. Memorize them.*

"I KEEP MY WORD TO MYSELF FIRST."

"I DO NOT PRETEND I'M FINE WHEN I'M NOT."

"I RUN TOWARD WHAT I NEED TO FACE."

"I AM THE CRACK THAT HAS BEEN FILLED WITH GOLD."

HOW TO WRITE A HARDWIRE

- Start with "I" — not "I will" or "I should" — just "I"
- Present tense (not future)
- Specific to your particular forging
- Short enough to memorize
- True the moment you speak it (because saying it makes it true)

EXAMPLES

"I do not drink when I am sad." · "I look my children in the eyes when they speak to me." · "I do not check my phone before sunrise." · "I do not punish my body for what my mind did." · "I tell the truth even when it costs me."

YOUR THREE PERSONAL HARDWIRES

Commands you give yourself — not affirmations, not hopes.

YOUR PERSONAL HARDWIRE #1

WHY this Hardwire?

YOUR PERSONAL HARDWIRE #2

WHY this Hardwire?

YOUR PERSONAL HARDWIRE #3

WHY this Hardwire?

YOUR HARDWIRE PRACTICE: Every morning — speak all SEVEN out loud (4 universal + 3 personal). When triggered — speak the relevant Hardwire out loud immediately. During Sunday Ritual — read all seven, reflect on which one is working hardest. Day 32 — review whether any of your personal three need to be updated.

COMPLETED DURING L9 · DAY 22

The Anchor Stones Worksheet

Anchor Stones are non-negotiables you will never trade away again. Not goals. Not rules. Anchors. The wind moves the boat — but not the anchor.

WHAT MAKES SOMETHING AN ANCHOR STONE

- You have personally suffered when it wasn't anchored
- You know in your bones it cannot be negotiated again
- It is specific (not "be a good person" — that's not specific)
- It is yours (not borrowed from a book or guru)
- Saying it out loud feels heavy in a good way

EXAMPLES

"My children get my undivided attention for at least one hour every day they are with me." · "I do not work past 7pm on weekdays." · "I do not break sobriety, period." · "I do not tolerate being yelled at in my home." · "I attend church every Sunday I am physically able." · "I do not say yes when my body says no."

YOUR FIVE ANCHOR STONES

ANCHOR STONE #1

What suffering taught you to anchor this?

ANCHOR STONE #2

What suffering taught you to anchor this?

ANCHOR STONE #3

What suffering taught you to anchor this?

ANCHOR STONE #4

What suffering taught you to anchor this?

ANCHOR STONE #5

What suffering taught you to anchor this?

ANCHOR STONE PRACTICE: Read these every morning until they become automatic. Review during Sunday Ritual — did anything try to move you off an Anchor Stone this week? How did you respond? Add new Anchor Stones only after significant new suffering teaches you they need to exist.

COMPLETED DURING L10 · DAY 25

The Brotherhood Worksheet

No man reforges alone. The Reforged Man identifies 3–5 brothers who will hold the line with him. Not friends. Not associates. Brothers.

WHAT MAKES SOMEONE A BROTHER

- You can call them at 2am and they will answer
- They tell you the truth even when it costs them
- They are running toward something, not away
- They have suffered and not gotten bitter
- They give a damn about your soul, not just your success
- They show up when it's inconvenient

WHAT DISQUALIFIES SOMEONE

- They drain you every time you see them
- They haven't earned trust with their actions
- They use your vulnerability against you
- They are stuck in cycles they refuse to leave
- They want you small so they can feel big
- They have never reached out first

YOUR 3–5 BROTHERS

BROTHER #1 NAME _____ ROLE (ADVISOR / ACCOUNTABILITY / SPIRITUAL / HARD-TRUTH) _____

Why this man is in your Brotherhood:

BROTHER #2 NAME _____ ROLE _____

Why this man is in your Brotherhood:

BROTHER #3 NAME _____ ROLE _____

Why this man is in your Brotherhood:

BROTHER #4 (optional) NAME _____ ROLE _____

BROTHER #5 (optional) NAME _____ ROLE _____

WHO YOU ALMOST NAMED — AND DIDN'T

Name them. Why did you stop?

Sometimes the man you almost named is the one you most need to call. Sometimes the man you almost named is the one you need to release.

BROTHERHOOD ASSIGNMENT: This week — reach out to each brother you named. Tell them what role they play. Ask if they accept. Most men have never been told they're a brother to someone. The conversation itself is part of the work.

COMPLETED DURING L11 · DAY 27

The Inheritance Letter

The Inheritance Letter is what you leave behind — written to your children, your future self, or whoever comes after you. Not a will. A transmission of values.

WHO TO WRITE TO

Most men write to their children. If you don't have children, write to your future self at 60. If you don't expect to live to 60, write to the men who will read your story after you're gone.

WHAT TO INCLUDE

- Who you wanted to become
- What you learned the hard way
- What you wish someone had told you
- The lies you bought into — and how you escaped them
- What you want them to NEVER compromise
- Who you loved and why
- What you're proud of
- What you would do differently
- Your blessing for them

YOUR INHERITANCE LETTER

Draft below. Then transfer to a clean sheet. Sign it. Date it. Put it somewhere you'll find it in 5 years.

Dear _____ ,

With everything,

SIGNED _____ DATE _____

WHAT TO DO WITH THE LETTER: Do NOT give it to your kids yet. They aren't ready, and you aren't done yet. Put it where you'll find it again in 5 years. Read it then. See what shifted. If you die before 5 years pass, someone will find it. That's the point. The letter exists either way.

GRADUATION DAY · SAME QUESTIONS, DIFFERENT MAN

Day 32 — The Reforging Inventory

Same questions as Day 1. Different man answering them. Compare your answers to Day 1 when finished. The proof is in the comparison.

SECTION A — THE PHYSICAL TRUTH (DAY 32)

Today, my sleep average per night is _____ hours.

My physical health on a 1–10 scale is _____ . Why that number?

My energy in a typical day, scale 1–10, is _____ .

My current weight is _____ . Compare to Day 1:

SECTION B — THE EMOTIONAL TRUTH (DAY 32)

The emotion I feel most often now:

On a 1–10 scale, my overall mental state right now: _____

Compare to Day 1 — what changed?

SECTION C — THE RELATIONAL TRUTH (DAY 32)

The 3 most important relationships in my life right now:

Which one improved during the 32 days? How?

Did I name my Brotherhood? Have I been in contact with them?

SECTION D — THE WORK TRUTH (DAY 32)

Do I love what I do? Yes / No / Sometimes. Has the answer changed since Day 1?

What did I learn about my work during the 32 days?

SECTION E — THE SPIRITUAL TRUTH (DAY 32)

My relationship with God / a higher power right now, compared to Day 1:

Did I practice the Sunday Ritual all 4 weeks?

SECTION F — THE FORGING TRUTH

Of the 32 days, how many did I run the Daily 5? ____

Of the 32 nights, how many did I run the Evening Questions? ____

The hardest night I recorded — what was happening?

The strongest day I recorded — what was happening?

The tool I used most (Reset / Daily 5 / Evening Questions / Sunday Ritual / Decompression):

SECTION G — THE REFORGED TRUTH

Compare your Day 1 Confession to who you are right now. What changed?

Which Hardwire worked hardest in your life?

Did the Anchor Stones hold? Which ones got tested?

Am I a Reforged Man? Why or why not?

DATE COMPLETED _____

Now read your Day 1 Reforging Inventory next to this one. Read them both out loud.
The man who wrote Day 1 is not the man who wrote Day 32.
That is the proof. That is the reforging. That is OptiLife.

DAY 32 · EARNED, NOT CLAIMED

Graduation — The Reforged Man

Brother — you did it.

32 days. 13 lessons. The Daily 5 most days. The Evening Questions most nights. Sunday Rituals. Hardwires installed. Anchor Stones forged. Brotherhood named. Inheritance Letter written. The dark stretches survived.

The man who started Day 1 is not the man holding this book today.

YOU ARE A REFORGED MAN.

You earned the word. Not bought it. Not claimed it. **Earned it.** The cracks aren't hidden — they're highlighted. Filled with gold. Visible. Holy. The vessel is more valuable than what was there before.

WHAT NOW? The Reforging is complete. The integration is just beginning. The Daily 5 doesn't stop. The Sunday Ritual doesn't stop. The Hardwires don't stop. The Brotherhood doesn't stop. OptiLife was the forging. Now you live it.

THE COMMISSION. Some Reforged Men go quietly — they live their forging in their families, their work, their daily lives. Some Reforged Men reach back — they become the brother for someone else who is still standing, barely. They tell their story. They walk alongside. Either is honorable. Choose your path.

But if you reach back — remember this: the reforging continues. You are still being shaped. The man who reaches back must keep his own foundation intact, or he becomes a hollow guide.

The Reforged Man's first responsibility is to remain Reforged.
His second is to walk with those still in the fire.

FIELD MANUAL — THE 32

"You are worth more now
than before you broke."

That is the promise. That is the work. That is The 32.

The forging is complete. Now live it.

OPTIMEETHE32.COM

Bobby Persall · Saint Sin · DFW, Texas · Crisis resources: 988 — free, 24/7, confidential.