

PREPARE

FOR WHAT'S NEXT

15 MINUTES • EVERY SUNDAY

THE WEEKLY STANDARD

A reset for men people depend on.

Week of _____



BODY

What must I do for my health this week?



FAMILY

Who needs more of me this week?



WORK & MONEY

What matters most financially or professionally?



MIND & FAITH

What do I need to think through instead of avoiding?



PRACTICAL

What could become a problem if I ignore it?

The one thing I'm going to stop doing: _____

The hard conversation I need to have: _____

Done by Friday: _____