



THE 90-DAY RESET

The Face Yourself Method Workbook

Face yourself. Build your character. Become them.

KENNY "BRICKS" DUPRATE

MEET YOUR COACH



Kenny "Bricks" Duprate

Entrepreneur. Father. Community leader. **On a mission to impact one million lives.**

I'm Kenny Duprate, but most people call me Kenny Bricks. I grew up in Vanier with five of us crammed into a one-bedroom apartment. By 16 I was caught up in gangs and crime. At one point I was facing 10 to 15 years behind bars.

The charges were dropped, and I made a promise that day: **my life will change.** I never finished high school. I'd been expelled from five schools. So I taught myself — books, YouTube, mentors, and a lot of doors knocked on. I rebuilt my life brick by brick.

Home N Plus

Founder of a multi-million-dollar contracting company. Over 50 people employed.

Skate and Play & Exit Lounge

20,000 sq ft of entertainment in Ottawa. Over 100 people hired.

Real estate

Built a multi-million-dollar real estate portfolio.

Author

Face Yourself — the book this reset is built on. [Get it on Amazon](#)

100+ lbs down

Lost it in six months. Then competed as a strongman — 765 lb deadlift.

Father & leader

My kids, my family and my community are my why.

MY MISSION

Impact one million lives.

I promised I'd give back to my community and help the next generation. If a kid from the block who was headed for prison can turn it around, so can you. That's why this 90-day reset is free. Start today.

Want me in your corner? [Book a free clarity call →](#)

This is the game of life. You're the player.

Right now your character is Level 1. Doesn't matter how old you are, how much money you have, or what you did last year. Today you start a new save file.

In the book I told you: **you cannot change what you refuse to face.** So we're not starting with motivation. We're starting with the truth. Then we build the character you're going to become, reverse-engineer how to get there, and you play it out every single day for 90 days.

Habits follow identity. You're not "trying to work out." You're someone who trains.

Why 90 days? The research I quoted in the book puts it at about 66 days, on average, for a new behaviour to become automatic. Thirty days starts the habit. Ninety days makes it who you are.

PART 1

Face Yourself

Eight honest assessments. Find out where you really stand.

PART 2

Create Your Character

Design the Future You — five years out, in detail.

PART 3

Reverse-Engineer It

Work backwards from the finish line to what you do today.

PART 4

Play 90 Days

Nine daily missions. Earn XP. Level up for real.

THE SYSTEM BEHIND EVERYTHING

The FACE IT Method

Not motivation. Not hype. A system. You'll use it on every part of this workbook — your assessment, your weekly check-ins, your checkpoints, and any day you slip.

F

Face the truth

Stop lying to yourself. Call it what it is. If you're broke, say it. If you're unhealthy, say it. No sugarcoating, no filters.

A

Accept responsibility

No blaming people, your past or circumstances. Maybe those things are real — but YOU are responsible for what happens next.

C

Create the vision & commit to change

Draw the line. No more “maybe” or “one day.” Decide who you want to BE — then commit. Not halfway. Fully.

E

Execute immediately

You don't need the perfect plan. You need ONE action — within 24 hours. Action is the antidote to fear.

The rule: take 3 deep breaths. On the last exhale... MOVE.

Before you start. This is a mindset and habits program, not medical or psychological advice. Talk to your doctor before starting a new daily workout. If you're dependent on alcohol or drugs, don't quit cold turkey without medical help — withdrawal can be dangerous. And if you're having thoughts of suicide, you're not alone — I've been there. In Canada or the US, call or text **9-8-8**, any time.

01

Face Yourself

Eight honest self-assessments. No sugarcoating. No blaming. No filters.

Rate every statement from 1 (not me at all) to 5 (that's me, 100%).
Answer for who you are today — not who you want to be.
Nobody else needs to see this.

This is **F** and **A** of the FACE IT method — face the truth, accept responsibility. Every area ends with **E**: one action within 24 hours.

"You cannot change what you refuse to face."



Face Yourself: the 8-part assessment

Before you dream of wealth and success, look in the mirror. Rate each statement for who you are *today*. Then answer the questions — be brutally honest. The truth might hurt, but it also frees you.

This is the [FACE IT method](#) in action: **F**ace the truth with the ratings, **A**ccept responsibility with the questions, then **E**xecute immediately — every area ends with one action in the next 24 hours.

01 FACE Your Mindset

- / 25

"Who are you right now — and are you proud of that person?"

If you asked the people closest to me, they'd call me a positive person.

1 2 3 4 5

The way I talk to myself is mostly encouraging, not critical.

1 2 3 4 5

When something goes wrong, I look for the solution before I look for someone to blame.

1 2 3 4 5

I believe my past does not decide my future.

1 2 3 4 5

I'm honest with myself about what isn't working in my life.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

What truth have I been avoiding?

What role did I play in where I am right now?

E Execute immediately

One action I will take on my mindset in the next 24 hours:

"If you lost it all tomorrow, what would you wish you'd appreciated today?"

I take time every day to notice what I'm grateful for.

1 2 3 4 5

I tell the people I love that I appreciate them.

1 2 3 4 5

I can see how far I've come — not just how far I have to go.

1 2 3 4 5

I can find something good, even on a bad day.

1 2 3 4 5

I'm grateful for where I am, but I don't settle there.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

Three things I made it through that I once thought would break me:

Who deserves a thank-you from me that they haven't gotten yet?

E Execute immediately

One action I will take on my gratitude in the next 24 hours:

"If you stay in this exact environment for five more years, where does your life end up?"

What I watch, scroll and listen to every day builds me up.

1 2 3 4 5

My home and my workspace set me up to win.

1 2 3 4 5

The "normal" around me — what people accept — is a high standard.

1 2 3 4 5

I regularly put myself in new rooms with people ahead of me.

1 2 3 4 5

I control my inputs. I don't scroll on autopilot.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

What am I feeding my mind every day? (Apps, shows, music, conversations.)

One thing in my environment I need to remove:

E Execute immediately

One action I will take on my environment in the next 24 hours:

04 FACE Your Relationships

- / 25

"Who are your five closest people — and are they pulling you up or holding you down?"

The five people I spend the most time with are growing, not stuck. 1 2 3 4 5

I have people in my corner who believe in the new version of me. 1 2 3 4 5

I meet new people and build new relationships regularly. 1 2 3 4 5

I set boundaries with people who drain me. 1 2 3 4 5

I have mentors or a mastermind of people ahead of me. 1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

Circle audit — my 5 closest people:

_____	Lifts me	Neutral	Drains me
_____	Lifts me	Neutral	Drains me
_____	Lifts me	Neutral	Drains me
_____	Lifts me	Neutral	Drains me
_____	Lifts me	Neutral	Drains me

Who do I need MORE of? Who do I need LESS of?

E Execute immediately

One action I will take on my relationships in the next 24 hours:

"What skill, if you learned it this year, would change your life?"

I learn something new every day.

1 2 3 4 5

I read or listen to books regularly.

1 2 3 4 5

I turn dead time — driving, gym, waiting — into learning time.

1 2 3 4 5

I apply what I learn instead of just collecting it.

1 2 3 4 5

I learn from people who are already doing what I want to do.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

The last book I finished, and when:

The one skill that would change my life right now:

E Execute immediately

One action I will take on my knowledge in the next 24 hours:

"If you keep your current habits for five more years, who do you become?"

My daily habits are building the person I want to become.

1 2 3 4 5

I don't use anything — weed, alcohol, food, my phone — to escape stress.

1 2 3 4 5

I go to bed and wake up at consistent times.

1 2 3 4 5

I know the triggers behind my worst habits.

1 2 3 4 5

I'm consistent. I finish what I start.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

My worst habit:

What triggers it:

What I'll replace it with:

E Execute immediately

One action I will take on my habits in the next 24 hours:

07 FACE The Work

- / 25

"Are you actually working hard — or just talking about it?"

I do what I said I'd do, even when I don't feel like it.

1 2 3 4 5

I train or move my body almost every day.

1 2 3 4 5

I'm happy with my health, my body and my energy.

1 2 3 4 5

I'm satisfied with my income and where my money is heading.

1 2 3 4 5

I have a routine: wake-up time, work blocks, training, learning.

1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

My fitness, honestly — where I'm at and where I want to be:

My money, honestly — where I'm at and where I want to be:

E Execute immediately

One action I will take on my the work in the next 24 hours:

08 FACE Your Faith

- / 25

"Do you believe — before you see it — that your life is about to change?"

I believe in myself even when I can't see the path yet. 1 2 3 4 5

Under pressure, I focus on the solution, not the problem. 1 2 3 4 5

I believe in something bigger than my current situation. 1 2 3 4 5

When things get hard, I go back to basics instead of quitting. 1 2 3 4 5

I'm at peace with myself, mentally and emotionally. 1 2 3 4 5

1 = not me at all · 3 = sometimes · 5 = that's me, 100%

What am I going through right now?

What worked for me before that I can do again?

E Execute immediately

One action I will take on my faith in the next 24 hours:

YOUR RESULTS

Where you stand right now

YOUR SCORECARD — RETAKE ON DAY 30, 60 & 90

Each area is scored out of 25. **5–11** = face this first. **12–18** = building. **19–25** = strength — protect it.

AREA	START	DAY 30	DAY 60	DAY 90
Mindset				
Gratitude				
Environment				
Relationships				
Knowledge				
Habits				
The Work				
Faith				
Total / 200				

DON'T FACE IT ALONE

Your scores show where you stand. Want help closing the gap?



Some of these areas you can fix on your own. Some go faster with someone who's been there. Book a free 15-minute clarity call with me. We'll look at your results, find your biggest blocker, and see if we're a good fit to work together. No pressure either way.

Book a free 15-minute clarity call at faceyourselfmethod.com

02

Create Your Character

Habits follow identity. Before you change what you do, decide who you are.

This is **C** of the FACE IT method: create the vision and commit to change. Think of it like a video game. You're designing a new superhero — the version of you five years from now. How do they look, talk, walk, earn, love? The more detail, the more real they become.

"Who do you want to become? Not what you want — who you want to BE."



Create your character

C — Create the vision & commit to change. You're not fixing the old you. You're building a new one. This is Future You — five years from today. Get specific. Close your eyes, see them, then write down what you see.

CHARACTER STATS — TODAY VS. LEVEL 10

Your starting level in each area comes from your Part 1 scores. Future You is Level 10 across the board. That gap is the game.

Mindset										LV __
Gratitude										LV __
Environment										LV __
Relationships										LV __
Knowledge										LV __
Habits										LV __
The Work										LV __
Faith										LV __

THE ORIGIN STORY

Who are you today, honestly?

Your Level 1 — where you live, what you do, how you feel, what's holding you back.

FUTURE YOU — FIVE YEARS FROM TODAY

Your character's name

Mine came from the streets: Bricks. What's yours?

Age in five years

How do they look?

Body, health, style, the way they carry themselves.

How do they talk?

The words they use. What they never say anymore.

How do they walk into a room?

Their energy, posture, confidence.

What does their day look like?

Wake-up time, first hour, work blocks, training, learning, bedtime.

Who's in their circle?

Partner, family, friends, mentors, mastermind. What kind of people?

What kind of money do they have?

Yearly income, net worth, what they own, how they earn it.

What do they know?

Skills, books they've read, what they're known for.

Where do they live?

The home, the city, the environment they built.

Superpower

The trait that makes them unstoppable.

Kryptonite they defeated

The old habit that used to own them.

Their mantra

The line they say when it gets hard.

03

Reverse-Engineer the Plan

A goal without a plan is just an idea floating around. The plan gives it legs.

Start at the finish line and walk backwards — five years, one year, ninety days, this week, today. Then sign your contract.

“Start acting like the future version of you. Today.”



Reverse-engineer the plan

Where do you want to be five years from now? Good. Now walk it backwards until you land on what you do in the next 24 hours. Then stop waiting — start being that person today.

FROM THE FINISH LINE BACK TO TODAY

In 5 years

In 3 years

In 1 year

By Day 90

By Day 30

This week

Next 24 hours

ONE action. Not ten.

START BEING THEM NOW

You don't wait five years to act like Future You. Name three things they do every day that you will start doing **today**.

1.

2.

3.

RUN THE FACE IT METHOD ON YOUR #1 AREA

Take your lowest score from Part 1. Run the system from the book.

F — Face the truth

What's not where it should be? What have I been avoiding?

A — Accept responsibility

What role did I play in this? No excuses, no blame.

C — Create the vision & commit

Who do I need to become here?

E — Execute immediately

What's the one action in the next 24 hours?

THE CONTRACT

I'm done negotiating with the old me.

For the next 90 days I will complete every mission, every day. When I slip, I'll face it, own it, and get back on it the same day. I don't quit. Failure isn't the end — quitting is.

My name

Accountability partner

Day 1 date

Signature

NEED A MENTOR?



Want a coach holding you to this contract?

An accountability partner helps. A coach who built multi-million-dollar businesses from nothing helps more. If you're serious about becoming the character you just designed, let's talk about how I can help you get there faster.

Book a free 15-minute clarity call at faceyourselfmethod.com

04

The 90-Day Reset

Nine missions. Every day. No matter what.

Three levels of 30 days. A challenge every week. A checkpoint every 30 days. Each mission completed is 10 XP — a perfect day is 90 XP. Hit 8,100 XP and you've reached Level 10.

"Discipline will take you places motivation never could."



The 90-Day Reset

Nine daily missions. Each one comes straight out of the book. Each one is worth 10 XP. This is how you level up your character — one day at a time.

THE 9 DAILY MISSIONS

1

FACE YOUR GRATITUDE**Morning journal + 10 gratitudes**

Before your phone. Write ten things you're grateful for — no repeats from yesterday.

2

FACE YOUR KNOWLEDGE**Read 10 pages**

Ten pages minimum. An audiobook counts if you're actually listening.

3

FACE THE WORK**30-minute workout**

Every day. No matter what. Tired, busy, raining — do it anyway.

4

FACE YOUR HABITS**Drink your water**

8+ glasses. Set your number and hit it.

5

FACE YOUR HABITS**Stay clean**

No alcohol. No drugs. No smoking or vaping. Zero, for 90 days.

6

FACE YOUR RELATIONSHIPS**Connect with someone new**

Meet, call or message one new person. Build relationships that pull you upward.

7

FACE YOUR MINDSET**Zero negative self-talk**

Catch it. Stop it. Flip it — say the positive version out loud, every time.

8

FACE YOUR FAITH**20 minutes: how can I make more money?**

Phone away. Think and write every idea down. Where focus goes, energy flows.

9

FACE THE JOURNEY**Act like Future You**

Do one thing today that the five-years-from-now you would do.

THE RULES OF THE GAME

- 1 All nine. Every day.** Not most of them. Not on good days. Every mission, every day, for 90 days.
- 2 No cheating.** Nobody's checking but you — and you're the only one you'd be cheating.
- 3 Slip? Don't quit.** Write it down, run the [FACE IT method](#) — there's a spot for it on every daily page — and get back on it the same day. Never miss two days in a row.
- 4 If it isn't written, it didn't happen.** Track every day — in the tracker below or on your daily page.
- 5 Tell someone.** Your accountability partner gets your weekly check-in. Every week.
- 6 Act like Future You.** When you don't feel like it, ask: what would they do? Then do it anyway.

THREE LEVELS**LEVEL 1 · DAYS 1–30****FACE IT**

Face the truth. Build the streak.

The first 30 days are about one thing: showing up. Around day 4, day 11 and day 21 you're going to want to quit. That's not you failing — that's the old you fighting for its life. Don't negotiate with it.

LEVEL 2 · DAYS 31–60**OWN IT**

Take responsibility. Upgrade your circle.

The novelty is gone. This is where most people quietly fall off — and where you separate yourself. Level 2 is about ownership: of your results, your relationships, and the rooms you walk into.

LEVEL 3 · DAYS 61–90**BECOME IT**

Stop trying. Start being.

Somewhere around day 66 this stops being a challenge and starts being who you are. Now you're not acting like Future You. You're becoming them.

L1

LEVEL 1 • DAYS 1-30

FACE IT

Face the truth. Build the streak.

The first 30 days are about one thing: showing up. Around day 4, day 11 and day 21 you're going to want to quit. That's not you failing — that's the old you fighting for its life. Don't negotiate with it.

- Hit all nine missions every day — perfect beats impressive
- Audit your circle and your content in the first two weeks
- Catch every negative thought and flip it out loud

“Action is the antidote to fear. Momentum kills hesitation.”



"You cannot change what you refuse to face."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- ☐ Morning journal + 10 gratitudes
- +10
- ☐ Read 10 pages
- +10
- ☐ 30-minute workout
- +10
- ☐ Drink your water
- +10
- ☐ Stay clean
- +10
- ☐ Connect with someone new
- +10
- ☐ Zero negative self-talk
- +10
- ☐ 20 minutes: how can I make more money?
- +10
- ☐ Act like Future You
- +10

WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Take 3 deep breaths. On the last exhale... MOVE."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Your life is exactly where your decisions have taken you."

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- _____
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- _____
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Total XP so far _____ / 8,100

Level _____

"If your decisions created your life, new decisions can change it."

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"Your past doesn't dictate your future."

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Total XP so far _____ / 8,100

Level _____

"You are NOT your environment... unless you stay in it."

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Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Circle Audit

"You are the average of the five people you spend the most time with."

1. Write down your 5 closest people.
2. Next to each: they lift me, neutral, or they drain me.
3. Decide: who do I need MORE of? Who do I need LESS of?

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"Garbage in = garbage out. Growth in = growth out."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
| ☐ Stay clean | +10 |
| ☐ Connect with someone new | +10 |
| ☐ Zero negative self-talk | +10 |
| ☐ 20 minutes: how can I make more money? | +10 |
| ☐ Act like Future You | +10 |

WHAT I SAID INSTEAD

BOOK

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"One new idea. One new person. One new opportunity."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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XP today _____ / 90

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"If you're the smartest person in the room, you're in the wrong room."

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"Your network determines your net worth."

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"If you upgrade your circle, you upgrade your future."

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Total XP so far _____ / 8,100

Level _____

"The more you learn, the more you earn."

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"The internet is a university."

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THIS WEEK'S CHALLENGE

Content Audit

"Garbage in = garbage out. Growth in = growth out."

1. Check your screen time and who you follow.
2. Unfollow, mute or delete anything that doesn't elevate you.
3. Replace it: follow 5 people, podcasts or channels that teach what Future You knows.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

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Perfect days _____ / 7

"Learn it. Apply it. Repeat."

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"Comfort kills hunger."

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"My habits were either building me... or destroying me."

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"Success isn't built from giant moments. It's built from daily habits."

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"Don't just remove the habit — replace it."

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"Consistency beats intensity."

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"Identity changes behavior."

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THIS WEEK'S CHALLENGE

Habit Reset

"Don't just remove the habit — replace it."

1. Name the habit you use to escape. Be honest.
2. Find the trigger: what usually sets it off?
3. Choose the replacement and tell one person about it.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

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"You don't feel like it? Do it anyway."

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Level _____

DAY 23 / 90

LEVEL 1 · FACE IT
WEEK 4 · SET ONE BOUNDARY

Date _____
Woke up at _____

"No time? No energy? No motivation? Doesn't matter. Find a way."

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"You don't get what you want in life. You get what you work for."

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Total XP so far _____ / 8,100

Level _____

"Discipline will take you places motivation never could."

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TODAY'S WIN

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 26 / 90

LEVEL 1 · FACE IT
WEEK 4 · SET ONE BOUNDARY

Date _____
Woke up at _____

"Where focus goes, energy flows."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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TODAY'S WIN

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 27 / 90

LEVEL 1 · FACE IT
WEEK 4 · SET ONE BOUNDARY

Date _____
Woke up at _____

"Faith without action? Useless."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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2. _____
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Believe first. If you don't believe, you won't act."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|------------|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
| ☐ Stay clean | +10 |
| ☐ Connect with someone new | +10 |
| ☐ Zero negative self-talk | +10 |
| ☐ 20 minutes: how can I make more money? | +10 |
| ☐ Act like Future You | +10 |

WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Set One Boundary

"You want cheerleaders in your corner, not people who say "you can't do that.""

1. Pick ONE person or situation that drains you.
2. Set the boundary: say no, stop answering, or limit the time.
3. Hold it all week. Write down how it felt.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"You have to learn to be uncomfortable... comfortably."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WHAT I SAID INSTEAD

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 30 / 90

LEVEL 1 · FACE IT
WEEK 5 · GET IN A NEW ROOM

Date _____
Woke up at _____

"Every success story has a phase that looks like failure. Don't quit there."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 30 checkpoint

Retake the assessment

Go back to Part 1. Re-rate every statement for who you are **today** — use a different colour pen. Add up each area and write it in the Day 30 column of your scorecard.

WHAT'S CHANGED SINCE DAY 1?

Scores not moving? Book a free 15-minute clarity call with Kenny at faceyourselfmethod.com

RUN FACE IT ON THE NEXT 30 DAYS

F — Face the truth. What am I still avoiding? Which score didn't move?

A — Accept responsibility. What did I do — or not do — that got me these results?

C — Create the vision & commit. Who do I need to become next?

E — Execute immediately. One action within 24 hours:

L2

LEVEL 2 • DAYS 31–60

OWN IT

Take responsibility. Upgrade your circle.

The novelty is gone. This is where most people quietly fall off — and where you separate yourself. Level 2 is about ownership: of your results, your relationships, and the rooms you walk into.

- No excuses, no blame — if a day goes sideways, own it in writing
- Get into new rooms and reach out to people ahead of you
- Pick one skill: learn it, apply it, repeat

“Most people want results. They don't want responsibility.”



"Your life won't change overnight, but it will change over time."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"A champion isn't someone who never loses. It's someone who refuses to stay down."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 33 / 90

LEVEL 2 · OWN IT
WEEK 5 · GET IN A NEW ROOM

Date _____
Woke up at _____

"Failure isn't the end. Quitting is."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"You're not where you want to be yet. But you're not where you used to be."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WHAT I SAID INSTEAD

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 35 / 90

LEVEL 2 · OWN IT
WEEK 5 · GET IN A NEW ROOM

Date _____
Woke up at _____

"Be grateful for where you are, but never settle for where you could be."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

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Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Get in a New Room

"If you're the smartest person in the room, you're in the wrong room."

1. Go to a networking event, class, gym group or meetup.
2. Introduce yourself to at least three people.
3. Follow up with one of them within 24 hours.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

DAY 36 /

Date _____

Woke up at _____

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

"The hardest thing to master in life is yourself."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
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| ☐ Drink your water | +10 |
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WHAT I SAID INSTEAD

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 37 /

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

Date _____

Woke up at _____

"Face it. Own it. Change it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
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WHAT I SAID INSTEAD

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 38 /

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

Date _____

Woke up at _____

"You cannot change what you refuse to face."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
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7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
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WATER (GLASSES)

TODAY'S WIN

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 39 /

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

Date _____

Woke up at _____

"Take 3 deep breaths. On the last exhale... MOVE."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 40 /

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

Date _____

Woke up at _____

"Action is the antidote to fear. Momentum kills hesitation."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
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9. _____
10. _____

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

WHAT I SAID INSTEAD

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 41 /

Date _____

Woke up at _____

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

"Your life is exactly where your decisions have taken you."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
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6. _____
7. _____
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9. _____
10. _____

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
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| ☐ Drink your water | +10 |
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

WHAT I SAID INSTEAD

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 42 /

90

LEVEL 2 · OWN IT

WEEK 6 · REACH OUT TO SOMEONE SUCCESSFUL

Date _____

Woke up at _____

"If your decisions created your life, new decisions can change it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
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9. _____
10. _____

DAILY MISSIONS · 10 XP EACH

- | | |
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

WHAT I SAID INSTEAD

MONEY IDEAS — 20 MINUTES, PHONE AWAY

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Reach Out to Someone Successful

"Don't guess. Learn from proof."

1. Pick someone who's where you want to be in five years.
2. Send a short, respectful message with one specific question.
3. Whatever they tell you — apply it this week.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"Your past doesn't dictate your future."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"You are NOT your environment... unless you stay in it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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DAILY MISSIONS · 10 XP EACH

- | | |
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Garbage in = garbage out. Growth in = growth out."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
| ☐ Stay clean | +10 |
| ☐ Connect with someone new | +10 |
| ☐ Zero negative self-talk | +10 |
| ☐ 20 minutes: how can I make more money? | +10 |
| ☐ Act like Future You | +10 |

WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"One new idea. One new person. One new opportunity."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"If you're the smartest person in the room, you're in the wrong room."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
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TODAY, FUTURE ME WILL...

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Your network determines your net worth."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

TODAY, FUTURE ME WILL...

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"If you upgrade your circle, you upgrade your future."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Pick Your Skill

"The more you learn, the more you earn."

1. Which skill would change my life right now — money, business, fitness, mindset?
2. Get one resource: a book, a course, a mentor.
3. Learn it → apply it → repeat. Use it before Sunday.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

DAY 50 / 90

LEVEL 2 · OWN IT
WEEK 8 · BUILD YOUR MASTERMIND

Date _____
Woke up at _____

"The more you learn, the more you earn."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

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WATER (GLASSES)

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Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"The internet is a university."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 52 / 90

LEVEL 2 · OWN IT
WEEK 8 · BUILD YOUR MASTERMIND

Date _____
Woke up at _____

"Learn it. Apply it. Repeat."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 53 / 90

LEVEL 2 · OWN IT
WEEK 8 · BUILD YOUR MASTERMIND

Date _____
Woke up at _____

"Comfort kills hunger."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 54 / 90

LEVEL 2 · OWN IT
WEEK 8 · BUILD YOUR MASTERMIND

Date _____
Woke up at _____

"My habits were either building me... or destroying me."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Success isn't built from giant moments. It's built from daily habits."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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8. _____
9. _____
10. _____

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TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 56 / 90

LEVEL 2 · OWN IT
WEEK 8 · BUILD YOUR MASTERMIND

Date _____
Woke up at _____

"Don't just remove the habit — replace it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
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Level _____

THIS WEEK'S CHALLENGE

Build Your Mastermind

"A crew of like-minded people pushing each other to new heights."

1. Pick 2-4 positive, driven people who share your goals.
2. Agree how often you'll meet and what you're working on.
3. Hold the first meeting this week.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"Consistency beats intensity."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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XP today _____ / 90

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"Identity changes behavior."

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"You don't feel like it? Do it anyway."

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4. _____
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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"No time? No energy? No motivation? Doesn't matter. Find a way."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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Level _____

DAY 60 checkpoint

Retake the assessment

Go back to Part 1. Re-rate every statement for who you are **today** — use a different colour pen. Add up each area and write it in the Day 60 column of your scorecard.

WHAT'S CHANGED SINCE DAY 30?

Scores not moving? Book a free 15-minute clarity call with Kenny at faceyourselfmethod.com

RUN FACE IT ON THE NEXT 30 DAYS

F — Face the truth. What am I still avoiding? Which score didn't move?

A — Accept responsibility. What did I do — or not do — that got me these results?

C — Create the vision & commit. Who do I need to become next?

E — Execute immediately. One action within 24 hours:

L3

LEVEL 3 • DAYS 61-90

BECOME IT

Stop trying. Start being.

Somewhere around day 66 this stops being a challenge and starts being who you are. Now you're not acting like Future You. You're becoming them.

- Every decision: "What would Future Me do?"
- Build your mastermind — and give back what you've learned
- Plan your next 90 before this one ends

"Identity changes behavior."



"You don't get what you want in life. You get what you work for."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Discipline will take you places motivation never could."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 63 / 90

LEVEL 3 · BECOME IT
WEEK 9 · GO BACK TO BASICS

Date _____
Woke up at _____

"Where focus goes, energy flows."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Go Back to Basics

"What got you your first win? Do that again."

1. Write down what worked for you before.
2. Do it again this week — even if it feels small.
3. Knock on the door. Literally or figuratively.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

DAY 64 / 90

LEVEL 3 · BECOME IT
WEEK 10 · EMBRACE THE UGLY PHASE

Date _____
Woke up at _____

"Faith without action? Useless."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
| ☐ Stay clean | +10 |
| ☐ Connect with someone new | +10 |
| ☐ Zero negative self-talk | +10 |
| ☐ 20 minutes: how can I make more money? | +10 |
| ☐ Act like Future You | +10 |

WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 65 / 90

LEVEL 3 · BECOME IT
WEEK 10 · EMBRACE THE UGLY PHASE

Date _____
Woke up at _____

"Believe first. If you don't believe, you won't act."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 66 /90

LEVEL 3 · BECOME IT
WEEK 10 · EMBRACE THE UGLY PHASE

Date _____
Woke up at _____

"You have to learn to be uncomfortable... comfortably."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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|---|-----|
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Every success story has a phase that looks like failure. Don't quit there."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
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6. _____
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TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 68 /90

LEVEL 3 · BECOME IT
WEEK 10 · EMBRACE THE UGLY PHASE

Date _____
Woke up at _____

"Your life won't change overnight, but it will change over time."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
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WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 69 / 90

LEVEL 3 · BECOME IT
WEEK 10 · EMBRACE THE UGLY PHASE

Date _____
Woke up at _____

"A champion isn't someone who never loses. It's someone who refuses to stay down."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Failure isn't the end. Quitting is."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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MONEY IDEAS — 20 MINUTES, PHONE AWAY

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TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Embrace the Ugly Phase

"Every success story has a phase that looks like failure. Don't quit there."

1. Name what feels uncomfortable in your life right now.
2. Write why that's your growth zone — the lobster outgrowing its shell.
3. Do the uncomfortable thing anyway, at least once this week.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"You're not where you want to be yet. But you're not where you used to be."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

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DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
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WHAT I SAID INSTEAD

BOOK

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Be grateful for where you are, but never settle for where you could be."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
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- ☐ Drink your water +10
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"The hardest thing to master in life is yourself."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
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7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

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WHAT I SAID INSTEAD

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PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 74 / 90

LEVEL 3 · BECOME IT
WEEK 11 · IGNORE THE OPINIONS

Date _____
Woke up at _____

"Face it. Own it. Change it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
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| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
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WHAT I SAID INSTEAD

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TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"You cannot change what you refuse to face."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- ☐ Morning journal + 10 gratitudes +10
- ☐ Read 10 pages +10
- ☐ 30-minute workout +10
- ☐ Drink your water +10
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- ☐ Connect with someone new +10
- ☐ Zero negative self-talk +10
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- ☐ Act like Future You +10

WHAT I SAID INSTEAD

BOOK

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Take 3 deep breaths. On the last exhale... MOVE."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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- ☐ 30-minute workout +10
- ☐ Drink your water +10
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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"Action is the antidote to fear. Momentum kills hesitation."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Ignore the Opinions

"People will judge you. Laugh at you. Doubt you. Let them."

1. Name the thing you haven't started because of what people might think.
2. Start it this week — publicly.
3. It doesn't have to be perfect. Trust your instinct and just start.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

"Your life is exactly where your decisions have taken you."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
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8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

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WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"If your decisions created your life, new decisions can change it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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8. _____
9. _____
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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 80 / 90

LEVEL 3 · BECOME IT

WEEK 12 · THANK THE ONES WHO BUILT YOU

Date _____

Woke up at _____

"Your past doesn't dictate your future."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

"You are NOT your environment... unless you stay in it."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

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WHAT I SAID INSTEAD

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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 82 / 90

LEVEL 3 · BECOME IT

WEEK 12 · THANK THE ONES WHO BUILT YOU

Date _____

Woke up at _____

"Garbage in = garbage out. Growth in = growth out."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
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| ☐ Drink your water | +10 |
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WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 83 / 90

LEVEL 3 · BECOME IT

WEEK 12 · THANK THE ONES WHO BUILT YOU

Date _____

Woke up at _____

"One new idea. One new person. One new opportunity."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

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9. _____
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TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

MONEY IDEAS — 20 MINUTES, PHONE AWAY

DAILY MISSIONS · 10 XP EACH

- | | |
|---|-----|
| ☐ Morning journal + 10 gratitudes | +10 |
| ☐ Read 10 pages | +10 |
| ☐ 30-minute workout | +10 |
| ☐ Drink your water | +10 |
| ☐ Stay clean | +10 |
| ☐ Connect with someone new | +10 |
| ☐ Zero negative self-talk | +10 |
| ☐ 20 minutes: how can I make more money? | +10 |
| ☐ Act like Future You | +10 |

WHAT I SAID INSTEAD

BOOK

PAGES READ

WORKOUT

WATER (GLASSES)

TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 84 / 90

LEVEL 3 · BECOME IT

WEEK 12 · THANK THE ONES WHO BUILT YOU

Date _____

Woke up at _____

"If you're the smartest person in the room, you're in the wrong room."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Thank the Ones Who Built You

"It's not just about what you build. It's who you share it with."

1. Write a real thank-you to someone who believed in you.
2. Send it, or say it in person.
3. Do something for someone who can't do anything for you.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 630

Perfect days _____ / 7

DAY 85 /

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

Date _____

Woke up at _____

"Your network determines your net worth."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY, FUTURE ME WILL...

NEGATIVE THOUGHT I CAUGHT

NEW PERSON I CONNECTED WITH

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Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 86 /

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

Date _____

Woke up at _____

"If you upgrade your circle, you upgrade your future."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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NEGATIVE THOUGHT I CAUGHT

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 87 /

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

Date _____

Woke up at _____

"The more you learn, the more you earn."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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NEGATIVE THOUGHT I CAUGHT

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 88 /

Date _____

Woke up at _____

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

"The internet is a university."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
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6. _____
7. _____
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9. _____
10. _____

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 89 /

Date _____

Woke up at _____

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

"Learn it. Apply it. Repeat."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
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TODAY'S WIN

Slipped? Run FACE IT → **F** Face the truth **A** Accept responsibility **C** Create the vision & commit **E** Execute immediately

XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

DAY 90 /

90

LEVEL 3 · BECOME IT

WEEK 13 · RUN THE SYSTEM ON YOUR NEXT 90

Date _____

Woke up at _____

"Comfort kills hunger."

THIS MORNING — 10 THINGS I'M GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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XP today _____ / 90

Total XP so far _____ / 8,100

Level _____

THIS WEEK'S CHALLENGE

Run the System on Your Next 90

"This is your reset button. Anytime you feel stuck, come back to this."

1. Face the truth: where are you now, really?
2. Accept responsibility and create the vision for your next 90 days.
3. Execute immediately — first action within 24 hours.

☐ Challenge complete

CHALLENGE NOTES

WEEKLY CHECK-IN — SHARE WITH YOUR ACCOUNTABILITY PARTNER

WINS THIS WEEK

RUN FACE IT ON YOUR WEEK

F — Face the truth. Where did I slip this week? Call it what it is.

A — Accept responsibility. What part of that is on me? No excuses, no blame.

C — Create the vision & commit. Who am I going to be next week? What am I committing to?

E — Execute immediately. My first action — within the next 24 hours:

Rate my week _____ / 10

XP this week _____ / 540

Perfect days _____ / 6

DAY 90 checkpoint

Retake the assessment

Go back to Part 1. Re-rate every statement for who you are **today** — use a different colour pen. Add up each area and write it in the Day 90 column of your scorecard.

WHAT'S CHANGED SINCE DAY 60?

Scores not moving? Book a free 15-minute clarity call with Kenny at faceyourselfmethod.com

RUN FACE IT ON THE NEXT 90 DAYS

F — Face the truth. What am I still avoiding? Which score didn't move?

A — Accept responsibility. What did I do — or not do — that got me these results?

C — Create the vision & commit. Who do I need to become next?

E — Execute immediately. One action within 24 hours:

Who you became

You're not where you want to be yet. But you're not where you used to be — and that matters. Write this on Day 90.

A letter to your Day 1 self

What are you proudest of?

Who do you thank?

Nobody builds it alone.

Your next 90 — what's the mission?

Be grateful for where you are... but never settle for where you could be. Face it. Build it. Live it.

WORK WITH KENNY

Ready for the next level? Let's build it together.



The reset gets you moving. Coaching takes you further. In my coaching program I work one-on-one on your mindset, your discipline and your business, using the same system that took me from the back of a police car to multi-million-dollar companies. It starts with a free 15-minute clarity call. We'll see where you are, where you want to be, and whether we're a good fit.

Book a free 15-minute clarity call at faceyourselfmethod.com

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