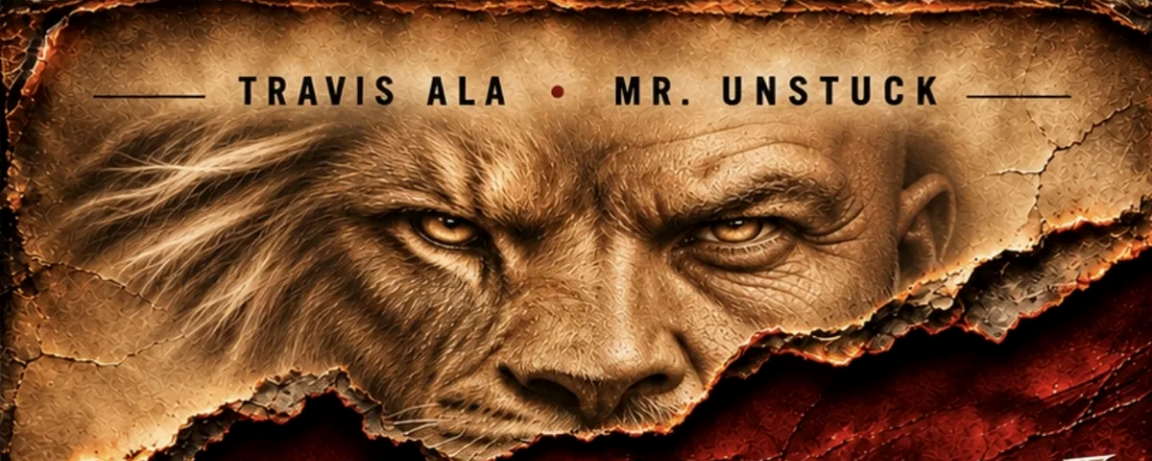
TRAVIS ALA • MR. UNSTUCK



UNSTUCK

THE FIELD MANUAL

The Roadmap to Breakthrough for Men

UNLEARN | UNLOCK | UNLEASH

BREAKTHROUGH SHEETS

HOW TO USE THESE SHEETS

These are the Breakthrough Sheets from UNSTUCK: The Field Manual, in the order the book uses them.

Fill them in on a computer or in a PDF app, or print them and use a pen. Answer without editing yourself.

Work each sheet when its chapter sends you here. Not before.

Then bring what you wrote to a man you trust, or to Unstuck Live on Tuesday. A sheet nobody sees is a feeling. A sheet you report is a decision.

IN THIS PACK

- Sheet 1. Identity Mapping
- Sheet 2. Belief Replacement
- The Unlearn Declaration
- Sheet 3. Core Value Builder
- Sheet 4. 10 Year War Plan
- The King's Audit
- Sheet 5. After Action Review
- Sheet 6. 30 Day Orders

BREAKTHROUGH SHEET

IDENTITY MAPPING 01

This is not therapy.

This is tactical exposure.

If you answer these questions honestly, you will see patterns you've been living inside of for years.

The goal is not blame. The goal is awareness.

You cannot dismantle what you refuse to name.

1. What beliefs about being a man did you grow up hearing most?

2. Which of those beliefs still influence your decisions?

3. Where do you feel like you are performing instead of being aligned?

YOUR TURN: CHANGE THE SCRIPT

1. THE BELIEF THAT LIMITS ME MOST

2. ONE BEHAVIOR THAT FLOWS FROM IT

3. THE BIBLICAL TRUTH THAT REPLACES IT

4. ONE SMALL ACTION THIS WEEK THAT PROVES THE NEW BELIEF

BREAKTHROUGH SHEET

BELIEF REPLACEMENT 02

Answer briefly:

1. What mistake from your past still shapes how you see yourself?

2. What label did you attach to yourself after that event?

3. What would change if that label were removed?

YOUR TURN: REPLACE THE BELIEF

STEP 1. THE EXACT SENTENCE RUNNING IN MY MIND

STEP 2. ONE TIME IT WAS FALSE

STEP 3. THE SPECIFIC TRUTH FROM SCRIPTURE THAT REPLACES IT

STEP 4. ONE ACTION THIS WEEK THAT CONTRADICTS IT

THE UNLEARN DECLARATION

Before you move forward, this must become personal.

This is not a motivational statement.

This is a line in the sand.

Read this out loud. Not casually. Not silently. With intention. Then sign it in front of a man who will hold you to it, and have him sign as your witness.

I will no longer live from inherited lies.
I am not my past failure.
I am not my hidden shame.
I am not the expectations placed on me.
I am not the mask I have been protecting.
I take ownership of my choices.
I take ownership of my standards.
I take ownership of my growth.
I renounce passivity.
I renounce excuse.
I renounce an identity built on performance.
I choose truth over comfort.
I choose discipline over drift.
I choose responsibility over negotiation.
From this point forward,
I do not defend the version of me that plays small.
I bury him.
I step forward aligned.
This is the end of inherited identity.
This is the beginning of intention.

SIGNED

DATE

WITNESSED BY

DATE

BREAKTHROUGH SHEET

CORE VALUE BUILDER 03

This is not about picking words that sound good.

It is about identifying standards you will enforce. For each value:

- Name it.
- Define it in one plain sentence.
- Write what violates it.
- Install one habit that reinforces it.

EXAMPLE

Value: Integrity. Definition: alignment between words and actions. Violation: overpromising and underdelivering. Habit: a weekly integrity audit, every Sunday night.

Values remove confusion.
Confusion drains momentum.

VALUE 1	DEFINITION	WHAT VIOLATES IT	HABIT THAT REINFORCES IT
VALUE 2	DEFINITION	WHAT VIOLATES IT	HABIT THAT REINFORCES IT
VALUE 3	DEFINITION	WHAT VIOLATES IT	HABIT THAT REINFORCES IT
VALUE 4	DEFINITION	WHAT VIOLATES IT	HABIT THAT REINFORCES IT
VALUE 5	DEFINITION	WHAT VIOLATES IT	HABIT THAT REINFORCES IT

BREAKTHROUGH SHEET

10 YEAR WAR PLAN 04

WAR PLAN EXECUTION PAGE

Now make it practical.

1. Write your commander's intent.
2. Write your mission.
3. Identify your top 3 internal enemies.
4. Install one counter habit for each enemy.
5. Name your terrain and your resources.
6. Define 3 daily orders.
7. Review weekly, on the After Action Review in Chapter 16.

Most men don't fail because they lack desire.
They fail because they lack structure.

War plans create structure. Structure creates momentum. Momentum creates confidence. Confidence reinforces identity. Identity fuels discipline.

And the cycle compounds.

YOUR WAR PLAN

COMMANDER'S INTENT: THE ONE SENTENCE THAT TELLS ME WHAT TO DO WHEN THE PLAN BREAKS

MISSION: WHAT AM I BUILDING?

INTERNAL ENEMY 1 AND ITS COUNTER HABIT

INTERNAL ENEMY 2 AND ITS COUNTER HABIT

INTERNAL ENEMY 3 AND ITS COUNTER HABIT

TERRAIN: MY SEASON

RESOURCES: THE TOOLS I HAVE, AND WHAT I WILL ACQUIRE

DAILY ORDER 1

DAILY ORDER 2

DAILY ORDER 3

WEEKLY REVIEW DAY AND TIME

THE KING'S AUDIT

Five areas. Score each one from 1 to 10. Be honest. The people who live with you already know the numbers.

Then write the one move that takes each score up by one point this month. Not to 10. Up one.

BODY: WHAT I EAT, HOW I TRAIN, HOW I SLEEP. SCORE, AND THE ONE MOVE

SCHEDULE: WHO CONTROLS MY CALENDAR, ME OR EVERYONE ELSE. SCORE, AND THE ONE MOVE

INPUTS: WHAT GOES INTO MY MIND, MY PHONE, MY EARS. SCORE, AND THE ONE MOVE

TONE: HOW MY FAMILY EXPERIENCES ME WHEN I WALK IN THE DOOR. SCORE, AND THE ONE MOVE

STANDARDS: WHAT I DO WHEN NOBODY IS WATCHING. SCORE, AND THE ONE MOVE

Circle your lowest score. That is your kingdom's weakest wall, and that is where the enemy gets in.

Walls don't fall at their strongest point. They fall at the weakest one.

Start there.

BREAKTHROUGH SHEET

AFTER ACTION REVIEW 05

Run this every week, same day, same time. Ten minutes. Then send it to the man who holds you to it, or bring it to Unstuck Live on Tuesday.

WEEK OF

1. WHAT WAS SUPPOSED TO HAPPEN? MY THREE DAILY ORDERS, MY VALUE HABITS, AND MY ONE MOVE FROM THE KING'S AUDIT

2. WHAT ACTUALLY HAPPENED? NUMBERS, NOT STORIES. FIVE OF SEVEN, TWO OF SEVEN

3. WHY? OWNERSHIP, NOT EXPLANATION

4. WHAT DO I CHANGE BEFORE NEXT WEEK?

WHO I REPORTED THIS TO, AND WHEN

BREAKTHROUGH SHEET

30 DAY ORDERS

06

Three daily orders. Thirty days. One box at a time.

Write your three orders from your War Plan on the left. Every night, mark the box. A check if you kept it. An X if you didn't. No blanks. No erasing.

Report the count every Sunday on your After Action Review.

ORDER 1

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

ORDER 2

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

ORDER 3

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Thirty days of evidence will change how you see yourself more than thirty years of intentions.

YOU HAVE THE SHEETS. NOW REPORT.

Unstuck Live. Free, every Tuesday, 11:00 to 11:45 AM CT, live with Travis. Bring your sheets.

Save your seat
joinunstuck.com/unstuck-live