

~~The 5 a.m. alarm.~~

~~The cold plunge.~~

~~The sleep tracker.~~

~~The supplement drawer.~~

~~The lab panel.~~

~~The fourth new program.~~

Still stuck.

The Recalibration Audit

One page to put the whole stack in front of you.

Before You Start

You've done a lot. The alarm, the training, the tracker, the supplements, the program somebody swore by. Each one made sense when you started it.

The trouble is that nobody, you included, has looked at all of it at once. Five people gave five pieces of advice, and you were left holding them by yourself.

This audit is three questions. Write the answers by hand. Be honest with where you're at. There's no shame in any of it and nobody grades this.

1. **The stack.** Everything you've added in the last two years, who told you to, and whether it stuck.
2. **Where it leaks.** The three places your week loses the most.
3. **The gate.** The one leak you close first, what you'll do instead, and the day you'll look at it again.

Fifteen minutes is plenty. Then put it somewhere you'll see it on the day you wrote down.

You're not alone.

Nick

Draft in Nick's voice, awaiting his edit.



Awaken Within

The Recalibration Audit

Put the whole stack on one page. Be honest with where you're at.

1 The stack

Everything you've added in the last two years.

What I added

Who told me to

Still doing it?

2 Where it leaks

Circle the three places your week loses the most.

Work after hours

The phone

Short sleep

Saying yes to everything

Training with no recovery

Doing it alone

Home and not present

Other:

3 The gate

The one leak I close first:

What I'll do instead:

I'll look at this again on:

You're not alone.

Fill it in by hand. Nobody grades this.

What to Do With It

Look at the column that says “Still doing it?” The pattern there usually says more than any one line.

Then close the one gate you picked. Just that one, until the day you look again.

When You're Ready for Help

Book a free conversation with Nick. 45 minutes about your audit, what you've tried, and whether Awaken the Powerful Man Within, his six-month program, fits.

within.awakeniv.com/book

You're not alone.