

## THE SPACE

# WEEKLY CHECK-IN

*Five minutes. No performance. Just the truth.*

**DROP THE MASK. • PULL UP A CHAIR.**

### 1. WHERE ARE YOU THIS WEEK?

- ☐ Solid
- ☐ Mostly good, but stretched
- ☐ Holding it together
- ☐ Struggling
- ☐ I need another man to reach out

**One word for how I actually feel:**

{{ONE\_WORD}}

### 2. THE FOUR AREAS

**MIND — What has been taking up the most mental space?**

{{MIND\_RESPONSE}}

**BODY — What did I do this week that helped or hurt my health?**

{{BODY\_RESPONSE}}

**HOME — Where did I show up well — or fall short — with the people closest to me?**

{{HOME\_RESPONSE}}

**PURPOSE — What important thing am I avoiding, delaying, or making excuses about?**

{{PURPOSE\_RESPONSE}}

### 3. MY MOVE BEFORE NEXT WEEK

**One action I will take in the next 7 days:**

{{NEXT\_MOVE}}

**The man I will check in with / call:**

{{ACCOUNTABILITY\_MAN}}

- ☐ I said it.
- ☐ I wrote it down.
- ☐ I am willing to be held accountable for it.