

# CLARITY MANIFESTO

## Step 1 – Know Your Reality

1.1 Describe your current career, work, or business (your livelihood).

1.2 How much do you earn, and how do you measure your success today?

1.3 What hard and soft assets (skills, reputation, relationships, finances) have you built so far?

## STEP 2 – SELF-REFLECT

2.1 Describe the road you have walked to get to where you are today.

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**2.2 Why are you incredible? Brag a little—list your achievements and successes.**

**2.3 What lessons or defining moments shaped your mindset, health, and discipline?**

## **STEP 3 – TAKE INVENTORY**

**3.1 Have you sacrificed your health to achieve success? Are you overweight, stressed, or worried about getting sick?**

**3.2 Are you concerned about spending a significant portion of your wealth on medical bills due to poor health?**



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**3.3 Do you have the physical health and energy to fully enjoy the rewards of your hard work?**

**3.4 How would your family, colleagues, or friends be impacted if your health declined?**

**3.5 Can you take your wealth with you? How does it make sense to accumulate wealth if you get sick or die prematurely?**

## Step 4 – DEFINE YOUR VISION

**4.1 Why is taking control of your health and vitality important to you at this stage of life?**

**4.2 How important is it for you to maintain your youth, energy, and health?**



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**4.3 How many years do you want to fully enjoy the rewards of your hard work? At what age would you consider declining health acceptable?**

**4.4 What do you want to be able to do physically at age 60, 70, 80? (e.g., hiking, traveling, playing with grandchildren)**

## Step 5 – YOUR COMMITMENT

**5.1 Are you ready to join a community that keeps you accountable for staying young, strong, and healthy?**

**5.2 How do you see yourself contributing to the Discipline Monster community (sharing hacks, encouragement, or accountability)?**

**5.3 Imagine having both success and lasting youth—what would your life look like?**



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I, \_\_\_\_\_, commit to a life filled with both success and lasting youth.

I commit to developing the habits to live every day energized and confident, so I can show up powerfully in both my career and personal life.

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**Signature**

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**Date**