

# WORKSHEET GUIDE



# WELCOME

Welcome to the Mindset Shift Scroll, a timeless guide to freeing yourself from the burden of expectations. Inspired by the wisdom of the game, this scroll is designed to help you embrace accountability, redefine your focus, and step into a life of clarity and freedom.

Expectations often tether us to disappointment, robbing us of peace and control. By shifting your mindset, you can replace these external dependencies with personal standards, empowering you to shape your reality. This scroll will take you through a series of actionable steps to explore your thoughts, let go of unrealistic demands, and embrace the power of self-reliance.

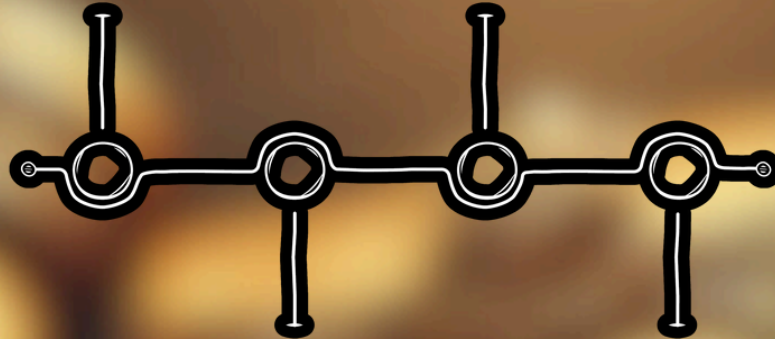
Approach each worksheet as a quest to uncover deeper truths about yourself. With each section, you will take another step toward a mindset that values growth, resilience, and freedom. Your journey one thought, one mind, and one way begins here.



# HOW TO USE THIS WORKSHEET

Watch the video

Take notes



Complete the  
Exercises

Reflect and Apply

Watch the Video: Begin by watching the accompanying video thoroughly. Pay close attention to the concepts and ideas presented.

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01

Complete the Exercises: As you watch, work through each exercise on the worksheet. Make sure to take your time and apply the concepts from the video.

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Take Notes: Jot down any important points or insights that stand out. These notes will be helpful for future reference and deeper understanding.

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Reflect and Apply: After completing the worksheet, reflect on your notes and think about how you can apply what you've learned in practical situations.

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04





# WORKSHEET 1

WHO ARE YOU





Most men live in a mental prison—trapped by their own thoughts, seeking validation, chasing status, and measuring themselves against external factors. This weak mind keeps them stuck in a cycle of doubt, insecurity, and emotional instability.

But you are different.

You are here because you refuse to live in that prison. You seek mastery over your mind so you can shape your external reality with absolute power and purpose.

This is not just another worksheet. This is a mirror.

Every question forces you to look within—to confront the lies, the conditioning, and the mental chains that keep you stuck.

If you answer these questions honestly, you will walk away with a new level of self-awareness—one that will shift your reality.

Instructions:

- No shallow answers. Be brutally honest with yourself.
- Take your time. Sit with each question. Think. Reflect. Write.
- If a question makes you uncomfortable, that means you need to answer it.

Let's begin.





## PAGE 1: THE LIES YOU TELL YOURSELF

### Exercise 1: Recognizing Your Traps

Think of a time you felt disappointed, frustrated, or rejected. What happened?

Write your response here:

What is the version of yourself you show to the world?  
(Describe it.)





What is the version of yourself you hide from the world?  
(Describe it.)

What parts of you were created by other people's expectations?  
(Who influenced them?)





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What parts of you were created by other people's expectations?  
(Who influenced them?)

What do you tell yourself when no one else is around?  
(Be raw. What thoughts play in your mind?)





Are you living for yourself or for the validation of others?  
(Explain.)

A large, empty rectangular box with a thin white border, intended for the user to write their explanation.

 Reflection: Look at your answers. How much of your identity is truly yours?





## PAGE 2: THE CONDITIONING LIE

Who Programmed You?

From birth, you've been programmed—by society, family, media, and experiences.

What did your parents teach you about success?

(Do you agree with it?)





What did society teach you about what it means to be a man?  
(Is it true?)


What beliefs do you hold that you've never actually questioned?  
(List at least 3.)





What fears do you have that were given to you by others?  
(Where did they come from?)

What would you believe about yourself if no one had ever told you who you  
"should" be?

 Reflection: Are you living your truth or someone else's programming?





## PAGE 3: BREAKING THE PRISON OF COMPARISON

The Game You're Playing Is Not Yours

The weak mind constantly compares—to other men, to society's standards, to illusions.

1. Who do you compare yourself to the most? (Why?)

What do you think they have that you don't?

(Is it real or perception?)





How does comparison make you feel?  
(Be specific.)

What would your life look like if you stopped comparing?  
(Describe it.)





How does comparison make you feel?  
(Be specific.)

What would your life look like if you stopped comparing?  
(Describe it.)



What do you have that others envy but you take for granted?  
(Think deeply.)



 Reflection: Comparison is a lie. Detach from it.





## PAGE 4: THE CHASE VS. CREATION

Are You Chasing or Are You Building?

A weak mind chases. A strong mind creates.

What are you currently chasing in life?

(Money, women, respect?)

Why are you chasing it?

(What do you think it will give you?)



What happens if you never "catch" it?  
(How would you feel?)

What if instead of chasing, you started creating?  
(What could you build?)





## PAGE 5: YOUR RELATIONSHIP WITH WOMEN

Do Women Define You?

A man who needs women for validation is already lost.

Do you feel better about yourself when a woman wants you?

(Be real.)

Do you feel worse when you don't get female attention?

(Why?)



What happens if you never "catch" it?  
(How would you feel?)

What if instead of chasing, you started creating?  
(What could you build?)





## PAGE 6: YOUR PERSONAL CODE

What Do You Stand For?

A weak mind follows. A strong mind has a personal code.

What are 3 principles you refuse to break?

(Write them.)

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What if instead of chasing, you started creating?

(What could you build?)



What is one non-negotiable standard you have for yourself?  
(Why?)

When was the last time you compromised your values?  
(How did it feel?)





What does a man of integrity look like to you?  
(Describe him.)

1. How will you start living by your code today?  
(Action step.)

 Reflection: Your code defines you. Live by it.



## PAGE 7: THE FUTURE YOU MUST CREATE

The Man You Are Becoming

If you don't define who you become, the world will do it for you.

Who is the highest version of you?

(Describe him.)

What does he do differently from you today?

(List 3 things.)





What habits does he have that you don't?  
(Be specific.)

What is stopping you from becoming him now?  
(Excuses? Fear? Laziness?)

What is the first step to stepping into his shoes today?  
(Action step.)