

MOD 1

# Control Your Mind First

*Before any woman ever feels your touch — you will command your own attention.*

## WHERE IS YOUR ATTENTION RIGHT NOW?

Rate each statement as it is true for you today (1 = never, 10 = always):

I choose where my attention goes — it doesn't choose me	Never	1	2	3	4	5	6	7	8	9	10	Always
I can hold one thought or task for 20+ minutes without drifting	Never	1	2	3	4	5	6	7	8	9	10	Always
I do not reach for my phone out of boredom or anxiety	Never	1	2	3	4	5	6	7	8	9	10	Always
My mind feels calm and directed when I enter a room	Never	1	2	3	4	5	6	7	8	9	10	Always

## THE ATTENTION AUDIT — WHAT IS YOUR MIND OBEYING RIGHT NOW?

### CORE TRUTH

Focused masculine discipline is the most potent force in any room.  
Women sense a man's mental command before he ever speaks. This starts here.

Name your top 3 attention thieves — what pulls your mind away from what you chose to focus on:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When your attention wanders, where does it automatically go? Be brutally honest:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MY COMMITMENT THIS WEEK

I commit to:

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**THE MASCULINE ATTENTION RESET — 5 DAILY DISCIPLINES**

- Morning anchor:** 10 minutes of silence before the phone. No exceptions.
- Single-tasking:** One task. Full attention. Nothing else open or running.
- Phone boundaries:** Three designated times to check. Not constantly, not compulsively.
- Presence drill:** Before entering any room, pause. Breathe. Choose your state.
- Evening audit:** Rate your mental command for the day: 1-10. Write it down.

**WEEKLY COMMAND TRACKER**

MON	TUE	WED	THU	FRI	SAT	SUN

**POWER QUESTION**

Your future self — forged by discipline — is watching how you spend your attention today. What would he tell you to stop doing right now?

Reflection:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_