



YOUR IDENTITY STANDARD

A written declaration of the man you are committed to being

FROM CHAPTER 3

Before you fill this in, set aside quiet, uninterrupted time. No phone. No noise. No rushing. Give it about thirty minutes.

If you don't have thirty uninterrupted minutes right now, come back when you do. That isn't a delay — it's the assignment.

*“If the life you are living isn't aligned with your potential,
there will be chaos in your soul.”*

BEN H ROBERTS

HOW THIS WORKS

- 01 Work through the three lenses on pages 2 and 3. Write freely — nobody else reads them.
- 02 Draft your commitments on page 4, in the present tense, as though they are already true.
- 03 Copy the final version onto page 5 and keep it somewhere you will see it every day.

Prefer to do this on screen? The guided builder at eldernowwhat.com walks you through the same steps and produces a printable one-page version.

LENS ONE

 YOUR PREMORTAL SELF

Who you were meant to become

Imagine it. Your name was called. You knew that once you stepped through the veil, you wouldn't remember any of it. You chose mortality anyway — even with the risk. You fought for your agency.

Examples some men land on: “You've got this.” “Don't waste this gift.” “I fought for this chance — use it.” “Live with purpose. Don't drift.”

WHAT DID THAT EARLIER VERSION OF YOU SAY IN THOSE FINAL MOMENTS?

WHAT KIND OF MAN WAS HE EXPECTING YOU TO BECOME?

WHERE WOULD HE SAY YOU'RE HONORING THAT — AND WHERE WOULD HE SAY YOU'RE DRIFTING?

★ LENS TWO

YOUR 80-YEAR-OLD SELF

Who you still can become

Gray hair, worn hands, a lifetime behind him. This man has lived long enough to know what actually matters. The emotions that feel enormous to you now feel small to him.

Examples: "Protect your testimony." "Choose good people." "Stop trading long-term peace for short-term comfort." "Be intentional — I'm counting on you."

WHAT WOULD HE TELL YOU RIGHT NOW?

WHAT IS HE MOST GRATEFUL YOU DIDN'T COMPROMISE ON?

WHAT WOULD HE WARN YOU ABOUT?

LENS THREE

YOUR PATRIARCHAL BLESSING

Read it again carefully. Look for patterns, gifts, responsibilities — the kind of man the Lord is shaping you into. It is not a script for your life, but it can remind you of your divine identity.

Write your own reflections only. Don't transcribe the words of your blessing — it is sacred and personal. Haven't received it yet? Skip this and consider preparing for it.

STEP TWO

DRAFT YOUR COMMITMENTS

Five to ten statements, written in the present tense

Write them as though they are already true of you. “I will be honest” becomes “I am honest.” Keep the language clear and direct — this isn't the place for vague hopes.

IF YOU GET STUCK, ANSWER THESE

- What kind of man am I committed to being consistently?
- What values guide my decisions when no one is watching?
- What behaviors am I unwilling to compromise on?
- What does discipleship look like for me in real life?

EXAMPLES — ADOPT, EDIT, OR REPLACE

“I am a true disciple of Jesus Christ.”

“I am a man of action, not just intention.”

“I choose integrity when no one is watching.”

“I surround myself with people who lift me higher.”

YOUR DRAFT

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MY IDENTITY STANDARD

*This is who I choose to be, in alignment with who I have
always been, and who I am becoming.*

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Signed

Date

*Keep this where you will see it every day. When a decision contradicts
your Identity Standard, it's the wrong decision. Full stop.*