GUIDED SELF-DISCOVERY / FOUNDING ATHLETE EDITION

THE NAME AFTER THE GAME

Rediscover who you are beyond sports.

A practical workbook with 14 guided sessions, an optional AI reflection partner, a personal blueprint and a 30-day practice plan.

A FIELD GUIDE, NOT A TEST

Go deeper than a quick answer. Notice what you discover. Choose the next rep that fits your real life.

REFLECT	BUILD	PRACTICE
14 Sessions	Your Blueprint	30 Days

KJ PEOPLES | FORMER COLLEGIATE ATHLETE & PERFORMANCE COACH

GET TO KNOW KJ / WHY THIS GUIDE EXISTS

I know what it feels like to lose the game.

I'm Kaylon 'KJ' Peoples, a former college wide receiver and return specialist. I spent five years playing football after high school, won a championship, and worked toward a professional opportunity. I loved the game, the preparation, my teammates, and the feeling of competing. But my playing career did not end the way I pictured.

After my final professional opportunity fell short, I felt like I'd run out of chances. I had built so many dreams around football - including the hope of one day providing financial freedom for my family. I carried shame and pressure that the people I loved hadn't asked me to carry. I was chasing income, struggling to find stability, and avoiding the sport I'd always loved.

My turning point wasn't a dramatic overnight change. I found more stable work, returned to training, journaled, read by the lake, and gave myself room to think. Coaching young athletes helped me remember that the years I'd spent in football still gave me something valuable to offer. Their progress reminded me how much I loved teaching.

I made this guide because I wanted someone to hear me out before telling me to move on. I needed better questions, room to grieve, and a next step I could actually take. I don't have every answer for your life. My hope is that my experiences help you ask better questions about yours.

SCRIPTURE FOR THE NEXT CHAPTER / OPTIONAL

Faith has helped shape my perspective. You are welcome to use these verses for reflection or move directly into the exercises; the guide works either way.

GALATIANS 6:9 / KJV

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

PROVERBS 14:23 / KJV

“In all labour there is profit: but the talk of the lips tendeth only to penury.”

For me, these verses connect perseverance with purposeful work. Keep going, and put faith into action.

READ THIS BEFORE SESSION 0

A guide for the next chapter, not a test.

WHAT THIS IS

A reflective educational workbook for former athletes. It combines honest questions, practical exercises and manageable next steps. You can use the optional ChatGPT companion or complete everything independently.

WHAT THIS IS NOT

It is not therapy, counseling, a diagnosis or a guaranteed path to a permanent purpose, career, income or emotional recovery. It does not replace qualified mental-health care.

YOUR EXPECTED EXPERIENCE

Session 0 takes roughly 3 minutes. The 14 discovery sessions are designed for 20-30 minutes each, at a recommended pace of 2-3 sessions per week. Then complete your Blueprint and practice one or two realistic next reps over 30 days.

YOU ARE NOT THE ONLY ONE

If leaving sport changed your routine, confidence or sense of belonging, your questions deserve attention. Feeling uncertain is not a weakness. Every transition looks different, and you do not have to feel grief to belong here.

WHEN TO PAUSE OR GET SUPPORT

If a session leaves you feeling worse for more than a day, speak with someone you trust or a qualified professional. In the U.S., call or text 988 for crisis support, or text HOME to 741741 (Crisis Text Line). In immediate danger, call 911. Elsewhere, use local crisis services.

U.S. crisis resources: 988lifeline.org | crisistextline.org. Seek local services outside the U.S.

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ALL SPORTS / ALL KINDS OF ENDINGS

Your story does not have to look like mine.

I played football. I loved competing, winning and being part of a team. I dreamed of playing professionally, and when that did not happen, I struggled to figure out who I was without the game.

But your story does not have to look like mine for this guide to be for you. Maybe you left through injury, graduation, burnout, being cut, changing priorities or personal choice. Maybe you never wanted a professional contract at all.

You might miss the game, feel relieved to be done, feel proud of what you achieved, feel uncertain about what follows, or feel several things at once. All of those experiences deserve room for honest reflection.

When I use words like film review, locker room, scoreboard or next rep, apply them to your sport and your own life. You do not have to agree with every lesson. And you do not have to invent a painful story to finish a worksheet.

> **YOUR FILM ROOM QUESTION**
>
> If a prompt does not fit your experience, ask: “How would this question sound if it were written about my journey?” Then answer that version.

Your job is not to become another version of KJ. It is to understand your own story.

ONE GUIDE / FOUR TOOLS

Your game plan

Everything you need is inside this PDF. Start with Session 0, then follow the sessions in order. The Blueprint and Next Rep Tracker come after your discovery work.

01 CHECK IN

Complete Session 0 in 3 minutes. Rate where you are today without explaining everything.

02 READ

Read KJ's story, the hard truth and the practical next rep. The story offers perspective; your answers are the lesson.

03 WRITE

Answer the reflection questions using one real experience. Type in the fields or print and write by hand.

04 GO DEEPER / OPTIONAL

If you get stuck, use the Need Help? questions or the optional ChatGPT Film Room prompt near the front.

05 SAVE THE TAKEAWAY

Complete Today's Output and record a one-line lesson on your 14-Session Tracker.

06 BUILD & PRACTICE

Complete your seven-page Blueprint, then use the 30-day tracker for one or two small planned reps.

> **MINIMUM VIABLE SESSION**
>
> Low on time or energy? Read the lesson, answer ONE question with a concrete example or tentative answer, and complete Today's Output. That counts as done for now. Return to the other questions when useful.

YOUR GUIDE TO THE JOURNEY

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Make this work on your terms

DIGITAL: SAVE A COPY FIRST

Use a PDF reader that supports fillable forms. Enter a one-line answer, save, close and reopen to confirm it was retained. Some mobile preview apps do not save form data reliably.

PAPER: PRINT WHAT YOU NEED

Print the whole book or just the pages you want. The workbook uses white backgrounds, visible writing lines and generous margins.

AI: OPTIONAL, NOT REQUIRED

Copy the short or full Film Room prompt into a new ChatGPT chat. Tell it your current session, then share only the question or answer you choose. You can finish everything on paper.

PRIVACY: YOU CHOOSE

Do not include private identifying details about another person in an AI chat. You can replace names with descriptions, skip an answer, or keep sensitive reflections off the internet.

PACING: 2-3 SESSIONS PER WEEK

Aim for 20-30 minutes per session. Take longer when you need it. If something feels too intense, pause; you are not falling behind.

THE BLUEPRINT COMES LAST

You are collecting the raw material in Sessions 01-14. After the final Film Review, transfer only the discoveries you agree with into your Blueprint.

ONE QUESTION AT A TIME / OPTIONAL

Need help going deeper?

Use the short prompt if you want to start quickly. The full version on the following page gives the AI more detailed guidance. You do not need both.

QUICK START / COPY THIS PROMPT

Act as my Personal Film Room partner for The Name After the Game: ask one thoughtful question at a time about the workbook session I name, and respond to my actual answers rather than making assumptions.
If I say “I do not know” or give a vague answer, help me explore a concrete memory or smaller question without pressure, diagnosis or deciding my answer.
Challenge assumptions respectfully, help me separate facts from interpretations, and let me pause, skip or leave something unresolved.
When I say “Close this session,” summarize two observations grounded in my words, one tentative pattern, one unresolved question, one manageable Next Rep and a short paragraph for my Blueprint.

START WITH

“I am working on Session ___. Ask me the first question.”

KEEP THE AUTHORITY WITH YOU

The AI is a reflection partner, not a therapist or judge of your identity. If its interpretation does not fit, say so. Use only discoveries you recognize in your own experience.

The complete prompt follows on the next page. Your workbook remains fully usable without AI.

FULL PROMPT / COPY IF YOU WANT DEEPER GUIDANCE

Your Personal Film Room

This longer version preserves your right to say “not sure,” go deeper or close the session. It asks for evidence without deciding your identity for you.

You are my Personal Film Room reflection partner for life after competitive sports. You are not my therapist, doctor or career adviser. Your role is to ask thoughtful questions and help me discover my own answers.

Ask ONE question at a time. Begin by asking which workbook session I am on, then what sport I played, and whether I want a gentle or challenging pace. Wait after each answer. Use the session title and questions I give you.

If I answer “I do not know,” “I am me,” or give a vague response, do not automatically move on and do not pressure me. Clarify whether the difficulty is remembering, naming a feeling, never considering the question or preferring not to share. Offer one specific memory prompt or smaller question, and ask what actually happened.

Explore one real experience, what happened versus what I told myself, what I felt and did, another possible interpretation, a tentative insight in my own words, and one manageable action. Ask permission before investigating contradictions.

Do not assume I compare myself with others, experienced trauma, wanted to play professionally, regret leaving sport, or need to start a business. My career may have ended through injury, graduation, burnout, being cut, changing priorities or choice. If I describe a positive transition, explore what helped it go well rather than inventing a problem.

Do not diagnose me, pretend to know my subconscious, manufacture an epiphany or give a canned purpose statement. Accept genuine uncertainty. Let me pause, skip or leave a question open. Challenge assumptions respectfully without turning every exchange into a motivational speech.

After roughly 5-8 substantive exchanges, ask whether I want to go deeper or close. When I choose to close, provide two observations grounded in my words, one tentative pattern to test, one unresolved question, one small Next Rep and a 70-word summary for my Blueprint. Do not claim I am healed.

Begin by asking me which session I am working on.

START WITH SESSION 0 / 2-3 SESSIONS PER WEEK

Fourteen sessions. Your own pace.

We start with what ended, bring your strengths forward early, examine your patterns, and then build a direction to test. Each session produces one useful output.

01	Where Am I Right Now?	Starting-point inventory
02	What Actually Ended?	Loss and continuity map
03	The Skills You Already Own	Transferable-skills inventory
04	The Unfinished Promise	Expectations audit
05	Your Name, Without the Jersey	Identity statement
06	The Scoreboard in Your Head	Success-definition audit
07	Build Your Next Locker Room	Connection and accountability roster
08	Watch Your Own Film	Trigger-thought-action loop
09	The Dream Behind the Dream	Personal WHY statement
10	The Rules I Inherited	Belief review and support step
11	Redefine Winning	Personal success criteria
12	Create More Lanes	Three-lane exploration map
13	Run a Small Experiment	Seven-day experiment card
14	Call Your Next Play	Personal blueprint and 30-day commitment

THE RULE: If an answer feels too easy, add a specific example. If it feels too hard, reduce the question. You are not required to manufacture an epiphany.

YOUR PERSONAL FILM ROOM

Fourteen sessions at a glance

Check a session after completing the full version or one question + Today's Output. Write a one-line takeaway. You can return to unfinished prompts later.

☐ 01 Where Am I Right Now?	
☐ 02 What Actually Ended?	
☐ 03 The Skills You Already Own	
☐ 04 The Unfinished Promise	
CHECKPOINT: FIRST QUARTER / REVIEW BEFORE CONTINUING	
☐ 05 Your Name, Without the Jersey	
☐ 06 The Scoreboard in Your Head	
☐ 07 Build Your Next Locker Room	
☐ 08 Watch Your Own Film	
CHECKPOINT: HALFTIME / REVIEW BEFORE CONTINUING	
☐ 09 The Dream Behind the Dream	
☐ 10 The Rules I Inherited	
☐ 11 Redefine Winning	
☐ 12 Create More Lanes	
☐ 13 Run a Small Experiment	
☐ 14 Call Your Next Play	
AFTER SESSION 14 / COMPLETE YOUR FINAL FILM REVIEW	

SESSION 00 / STARTING POINT

Where I Am Today

Before you review the past, record where you are right now. Rate each area from 1 to 5. This is a quick self-check, not a diagnosis or a grade. You do not need to write an explanation.

1 / NEEDS ATTENTION 3 / MIXED OR OKAY 5 / FEELING STEADY

STRUCTURE

My days have a routine that works for me.

/ 5

PURPOSE

I have something meaningful to work toward.

/ 5

CONNECTION

I feel connected or supported by others.

/ 5

PHYSICAL HEALTH

I am caring for my body and energy.

/ 5

FINANCES

I feel reasonably stable or have a manageable plan.

/ 5

HOW I FEEL RIGHT NOW / 1 VERY LOW · 10 FEELING GOOD

/10

ONE AREA I WOULD LIKE TO UNDERSTAND BETTER / OPTIONAL

THAT IS YOUR FIRST REP

You showed up and described your starting point without pretending to have everything figured out. Save this page and review it again after the discovery sessions.

WHEN YOU CANNOT FIND THE WORDS

What am I actually feeling?

Sometimes "upset" is the only word available. Start with a word that feels close, then think of one specific moment when you noticed it. You can experience more than one feeling at a time.

ANGER / FRUSTRATION

Mad · Irritated · Frustrated · Resentful · Bitter · Annoyed · Fed up · Disrespected

Something felt unfair, disappointing or outside your control.

SHAME / EMBARRASSMENT

Ashamed · Embarrassed · Exposed · Insecure · Self-conscious · Guilty · Regretful · Not good enough

"Not good enough" is a thought to examine, not a fact.

SADNESS / GRIEF

Sad · Hurt · Lonely · Disappointed · Heartbroken · Empty · Discouraged · Missing something

An important part of life may have changed, ended or not happened.

FEAR / ANXIETY

Scared · Worried · Nervous · Uncertain · Uneasy · Overwhelmed · Stressed · Afraid of failing

You might be worried about an outcome you cannot fully control.

POSITIVE / NEUTRAL

Proud · Hopeful · Excited · Relieved · Calm · Content · Curious · Motivated · Peaceful · Grateful · Confused · Numb · Unsure

Feeling a little of both - or very little - is also information.

THE FILM ROOM CHECK-IN

"When _____ happened, I noticed _____, and I wanted to _____."

SESSION 01 / THE FINAL WHISTLE

Where Am I Right Now?

YOU WILL CREATE / STARTING-POINT INVENTORY

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

When football ended, I had no idea how to finish the sentence, 'I'm KJ Peoples, and I am ...' Football had given me an answer for years. Without another season to prepare for, even ordinary days felt unfamiliar. I kept looking at what I hadn't accomplished instead of honestly examining where I was. Your first assignment isn't to fix your life. It's to describe it accurately, without performing for anybody.

THE HARD TRUTH

You cannot build a useful plan from a version of your life you are unwilling to examine.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will sit somewhere quiet for 10 minutes and complete my next Film Room session.

NEED HELP? / OPTIONAL

1. If you feel blank, describe yesterday from waking to bedtime. What stood out?
2. What is one small thing you already know even without the full answer?

ChatGPT: "Start Session 01." Explore my starting point using one recent day, without assuming something is wrong.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 01 THE STORY I AM HONORING

Save your starting point and what you want to explore.

PERSONAL FILM ROOM / SESSION 01

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What, if anything, feels different about your daily life since you stopped competing or changed your relationship with sports?

QUESTION 02

What has been hardest lately: identity, finances, relationships, structure, community, physical health, or something else? Why?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 01

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

Looking back on your athletic journey, what is something you are proud of - regardless of how it ended?

QUESTION 04

What is one part of life you would most like to feel different 30 days from now?

TODAY'S OUTPUT / DECISION

Write a two-sentence starting-point statement: "Right now I am ..." and "I want to explore ...".

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Jordan / Soccer / Graduation: Right now I am working full-time but miss having a team and routine. I want to explore how to build a week I enjoy and find people I connect with outside soccer.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 02 / THE FINAL WHISTLE

What Actually Ended?

YOU WILL CREATE / LOSS AND CONTINUITY MAP

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

For a while, I couldn't even enjoy watching football. I resented being a spectator after spending so many years playing. I missed the routine, the locker room, the competition, and the future I'd imagined. People would point out everything I accomplished. They meant well, but I needed room to say what hurt. Missing your sport is not proof you're failing to move on. Different losses deserve different names.

THE HARD TRUTH

You cannot replace something you have not taken the time to understand.

PAUSE POINT / WHEN THE LOSS FEELS HEAVY

You may remember something that mattered deeply. You do not have to rush toward a positive lesson. Plant your feet, name three things you can see and take comfortable breaths. You may pause or return later. If this leaves you feeling worse for more than a day, speak with someone. U.S.: call/text 988 or text HOME to 741741; call 911 for immediate danger.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will spend 10 minutes writing privately about one part of sports I miss, or choose to talk about it with someone I trust.

NEED HELP? / OPTIONAL

1. Think about when sport stopped occupying its old place in your life. What changed and what stayed?
2. If you could bring back one non-game moment, what would it be?

ChatGPT: "Start Session 02." Explore what ended, what changed and what remains. Do not assume grief is my only experience.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 01 THE STORY I AM HONORING

Save your loss-and-continuity map.

PERSONAL FILM ROOM / SESSION 02

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Which part of your sports life do you miss most? Describe one moment that shows why.

QUESTION 02

What did participating in your sport give you - challenge, enjoyment, structure, friendships, recognition, meaning, or something else?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 02

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What emotions come up when you think about your final season or last opportunity?

QUESTION 04

Which qualities, relationships, or experiences from sports are still available to you in some form?

TODAY'S OUTPUT / DECISION

Make a two-column map: "What ended" and "What I still carry." Add three items to each.

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

OPTIONAL SIDEBAR / FICTIONAL COMPOSITE ATHLETE

Another ending. Another perspective.

MAYA / SOFTBALL / INJURY

"When my injury ended my playing career, part of me was relieved I did not have to keep pushing my body. I also missed the dugout, teammates and our shared goal. I was not sure whether I was supposed to feel sad or happy."

YOUR TURN

Have you ever felt two different emotions about the same ending?

This example is fictional and does not describe KJ, a real client, or a testimonial. You may skip it. Your answer does not have to match the composite athlete's experience.

SESSION 03 / BEYOND THE UNIFORM

The Skills You Already Own

YOU WILL CREATE / TRANSFERABLE-SKILLS INVENTORY

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

When I first came home, I thought I had five years of college football and only a piece of paper to show for it. Later, as parents told me their kids were improving and gaining confidence through training, I could finally see the value of what I'd learned. Film study, preparation, resilience, communicating, teaching, and being a teammate could help people outside my own playing career. But I still had to find where those abilities mattered.

THE HARD TRUTH

Having a strength is only the beginning; learning where and how to use it takes practice.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will ask someone I trust to identify one ability they have seen me demonstrate and give me a specific example.

NEED HELP? / OPTIONAL

1. Recall when a coach, teammate, classmate, or someone else relied on you. What did you do?
2. Describe that task in ordinary workplace language, without sports jargon.

ChatGPT: "Start Session 03." Identify skills backed by specific experiences and possible real-world uses.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 03 WHO I AM NOW

Save evidence-backed skills and possible applications.

PERSONAL FILM ROOM / SESSION 03

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Name a difficult situation you handled in sports. What exactly did you do, not just what trait did it show?

QUESTION 02

What skill did that experience demonstrate? What evidence would convince someone outside sports?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 03

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

Who has benefited from that skill already, even informally?

QUESTION 04

Where could you apply or test that skill in work, service, community, or daily life?

TODAY'S OUTPUT / DECISION

Write three experience -> skill -> real-world application examples.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Priya / Volleyball / Injury: Helping newer players learn rotations showed I can explain clearly; organizing recovery notes showed organization; adapting to feedback showed I can learn and adjust.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

OPTIONAL SIDEBAR / FICTIONAL COMPOSITE ATHLETE

Another ending. Another perspective.

DARIUS / WRESTLING / GRADUATION

"I never expected wrestling to become my career. After graduation I still felt like I was starting from zero. I had learned to plan, study opponents, respond to feedback and prepare for hard situations. I had not considered how they applied outside wrestling."

YOUR TURN

What skill have you overlooked because it does not come with a trophy?

This example is fictional and does not describe KJ, a real client, or a testimonial. You may skip it. Your answer does not have to match the composite athlete's experience.

SESSION 04 / THE INTERNAL FILM ROOM

The Unfinished Promise

YOU WILL CREATE / EXPECTATIONS AUDIT

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

I had promised myself I would make it to the league and take care of my family. When I was struggling financially, I broke down and told my mother I had let everyone down. She told me she never expected me to carry their future on my shoulders. I believed her, but I was still disappointed in myself. I had confused an important dream with a debt I owed. Those are not the same thing.

THE HARD TRUTH

An expectation you made for yourself can become a burden even when nobody else demanded it.

PAUSE POINT / WHEN EXPECTATIONS TURN INTO SELF-BLAME

You can examine a promise without turning it into a reason to criticize yourself. Notice your surroundings and ask: Am I reviewing the expectation, or punishing myself with it? You can leave that question open. If this leaves you feeling worse for more than a day, speak with someone. U.S.: call/text 988 or text HOME to 741741; call 911 for immediate danger.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will ask someone I trust what they value about our relationship, or privately reflect on what they have already expressed.

NEED HELP? / OPTIONAL

1. Start with "I was supposed to...". Who was the expectation coming from?
2. What changes if you treat it as a goal instead of a debt?

ChatGPT: "Start Session 04." Ask where my expectations came from and what evidence supports them.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 02 THE PATTERNS I AM NOTICING

Save one expectation and a more balanced goal.

PERSONAL FILM ROOM / SESSION 04

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What, if anything, did you hope participating in sports or achieving an athletic goal would provide for you or others?

QUESTION 02

Who actually set that expectation? What evidence supports your answer?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 04

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What would you say to a close friend who had pursued the same dream and come up short?

QUESTION 04

What mattered most to you about your athletic goals, and which parts - if any - still matter in your life today?

TODAY'S OUTPUT / DECISION

Write one expectation you want to review. Replace it with a goal you can pursue without making it a measure of your worth.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Malik / Football / Cut: Old: I owe my family a pro career. Question: Did they ever require this? New goal: Create financial stability and explore work options without measuring my worth by one contract.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

AFTER SESSION 04 / REVIEW BEFORE MOVING ON

FIRST QUARTER FILM REVIEW

You have named where you are, looked at what ended, noticed skills you still carry and considered an important expectation.

REVIEW THESE BEFORE CONTINUING

- [ ] Session 0: Starting-point check-in
- [ ] Session 2: Loss and Continuity Map
- [ ] Session 3: Skills you already own
- [ ] Session 4: Expectations audit

One thing I understand better about myself now is...

One question I am still carrying is...

FILM ROOM REMINDER

Recognition comes before adjustment. Take what you learned, leave what remains unresolved, and choose your next reasonable play.

CIRCLE 10 / NARROW TO 5 / CHOOSE 3

What do you actually value?

Values are priorities you want to see reflected in how you live. Choose what matters to you - not what sounds impressive to someone else. You can change your choices as you grow.

ROUND 1 / SELECT TEN

- [ ] Integrity
- [ ] Family
- [ ] Faith
- [ ] Curiosity
- [ ] Independence
- [ ] Stability
- [ ] Connection
- [ ] Adventure
- [ ] Growth
- [ ] Service
- [ ] Creativity
- [ ] Leadership
- [ ] Learning
- [ ] Health
- [ ] Courage
- [ ] Patience
- [ ] Fairness
- [ ] Honesty
- [ ] Reliability
- [ ] Freedom
- [ ] Balance
- [ ] Belonging
- [ ] Excellence
- [ ] Joy
- [ ] Gratitude
- [ ] Security
- [ ] Community
- [ ] Discipline
- [ ] Compassion
- [ ] Achievement

ROUND 2 / YOUR FIVE MOST IMPORTANT VALUES

ROUND 3 / YOUR THREE CORE VALUES

ROUND 4 / PUT ONE VALUE INTO ACTION

What does one of your top values mean personally, and what small behavior could show it this week?

SESSION 05 / BEYOND THE UNIFORM

Your Name, Without the Jersey

YOU WILL CREATE / IDENTITY STATEMENT

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

At my lowest, I wanted people to forget I had ever played football. I was tired of being known only as the athlete who didn't make it. But trying to erase that part of myself didn't feel right either. I eventually realized I could honor the player I had been without making it my entire identity. Coaching reminded me that my love of teaching, improving, and helping others wasn't limited to a stat sheet.

THE HARD TRUTH

Your sport may be part of your story without being the limit of your identity.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will practice introducing myself using an interest, value, or personal quality before mentioning my athletic history.

NEED HELP? / OPTIONAL

1. Ask a trusted person which qualities they see in you outside sport. Which resonate?
2. Recall helping someone with no reward. What did you enjoy about it?

ChatGPT: "Start Session 05." Help me describe my identity beyond sport, without removing the athletic part of my story.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 03 WHO I AM NOW

Save your current identity statement and three values.

PERSONAL FILM ROOM / SESSION 05

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

How would you introduce yourself without mentioning a sport, job title, or major achievement?

QUESTION 02

What activities make you feel engaged even when nobody praises you?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 05

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

Which values have stayed consistent across different chapters of your life?

QUESTION 04

What part of your athletic identity do you want to keep, and what label are you ready to loosen?

TODAY'S OUTPUT / DECISION

Draft an identity statement: "I am someone who values ... and wants to contribute by ..."

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Avery / Swimming / Burnout: I value curiosity, health and honesty. I want to explore new interests and contribute by helping people solve problems, without making everything a competition.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

OPTIONAL SIDEBAR / FICTIONAL COMPOSITE ATHLETE

Another ending. Another perspective.

AVERY / SWIMMING / BURNOUT

"I thought I had to love swimming forever because I had invested so much. When I stopped, I felt relieved, then guilty for being relieved. Choosing something different did not erase the years I spent swimming."

YOUR TURN

What are you ready to release without calling your previous commitment a mistake?

This example is fictional and does not describe KJ, a real client, or a testimonial. You may skip it. Your answer does not have to match the composite athlete's experience.

SESSION 06 / THE INTERNAL FILM ROOM

The Scoreboard in Your Head

YOU WILL CREATE / SUCCESS-DEFINITION AUDIT

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

Winning used to tell me that my hours in the weight room and studying film meant something. When the professional football dream ended, I treated one result like the final grade on years of work. Seeing other people move forward sometimes made that worse. But even when nobody else was involved, I was measuring my life against the version of KJ I thought I should already be. I had to learn that a final score can tell you who won; it cannot explain every decision, lesson, or strength you developed along the way.

THE HARD TRUTH

You might genuinely never compare yourself to anybody else. But you can still judge yourself against an invisible deadline or a single result. If your only acceptable score is 'I made it,' you can overlook real progress and treat a disappointing outcome like a verdict on who you are.

PRACTICAL NEXT REP

On [day/time within 48 hours], after [existing routine], I will review one recent moment when I evaluated my progress, note the standard I used, and identify one fairer measure I can act on.

NEED HELP? / OPTIONAL

1. If your answer is "I am me," remember something that took longer than hoped. What did you tell yourself?
2. If you already evaluate yourself fairly, what evidence shows you are progressing?

ChatGPT: "Start Session 06." Examine my private standards; do not assume I compare myself with other people.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 04 MY WHY AND MY DEFINITION OF WINNING

Save your standards and fairer measures of progress.

PERSONAL FILM ROOM / SESSION 06

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Name one recent moment you felt proud, behind, or dissatisfied. What actually happened?

QUESTION 02

What were you measuring against: another person, your past self, a deadline, or an expectation you created?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 06

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What did that judgment overlook? Which choices were yours, and which results were outside your control?

QUESTION 04

How would you recognize progress this week even if nobody noticed and the big outcome hadn't happened?

TODAY'S OUTPUT / DECISION

Name one outcome you still want. Write the rule you've been using to judge it and two actions within your influence that would count as progress this week.

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 07 / BUILD YOUR NEW PLAYBOOK

Build Your Next Locker Room

YOU WILL CREATE / CONNECTION AND ACCOUNTABILITY ROSTER

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

One of the biggest things I missed was the camaraderie: people pursuing a shared goal, pushing each other, and knowing when a teammate wasn't himself. Outside sports, I sometimes wore a face in public that said I was fine. Nobody knew how hard things felt privately. Rebuilding community meant remembering that good teammates both support others and let others show up for them.

THE HARD TRUTH

Being independent does not require being isolated.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will send one genuine message to someone I would like to reconnect with or identify one community event to attend.

NEED HELP? / OPTIONAL

1. Recall one teammate you trusted. What made the relationship valuable?
2. If no one comes to mind, what activity or group might help you connect?

ChatGPT: "Start Session 07." Explore belonging, mutual support and where I can build relationships.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 05 MY NEXT THREE LANES

Use your community and accountability roster for Lane 3.

PERSONAL FILM ROOM / SESSION 07

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Who, if anyone, can listen without immediately trying to fix you? If nobody comes to mind, what qualities would you want in someone you could talk to?

QUESTION 02

Who challenges your decisions honestly while respecting you?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 07

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

Where could you meet people with compatible values, even if they have different careers or incomes?

QUESTION 04

What kind of teammate or friend are you prepared to be for someone else?

TODAY'S OUTPUT / DECISION

Create a three-person or three-place support roster: support, challenge, belonging.

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

OPTIONAL SIDEBAR / FICTIONAL COMPOSITE ATHLETE

Another ending. Another perspective.

JASMINE / TRACK / GRADUATION

"I did not really miss meets. I missed the community that knew my schedule, challenged me and celebrated small victories. I kept expecting that community to happen naturally until I started seeking it intentionally."

YOUR TURN

What mattered most about your teammates or athletic community?

This example is fictional and does not describe KJ, a real client, or a testimonial. You may skip it. Your answer does not have to match the composite athlete's experience.

SESSION 08 / THE INTERNAL FILM ROOM

Watch Your Own Film

YOU WILL CREATE / TRIGGER-THOUGHT-ACTION LOOP

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

After football I was consumed with money and disappointed in myself. Instead of facing the emotions underneath, I often avoided them. I knew the discipline I had shown in sports, yet I struggled to create the same routine outside it. Eventually journaling and quiet time helped me notice connections between what I feared, what I told myself, and what I did next. I couldn't adjust a pattern until I could see it.

THE HARD TRUTH

You cannot change a recurring response simply by criticizing yourself for having it.

PAUSE POINT / OBSERVATION, NOT SELF-PUNISHMENT

This is a film review, not a case against yourself. If the emotions feel too intense, pause and notice the room around you. Can you describe what happened without calling yourself a failure? If this leaves you feeling worse for more than a day, speak with someone. U.S.: call/text 988 or text HOME to 741741; call 911 for immediate danger.

PRACTICAL NEXT REP

On [three planned days/times], after [existing routine], I will spend two minutes recording one situation, the thought I had, and how I responded without forcing a conclusion.

NEED HELP? / OPTIONAL

1. Use one recent episode: a difficult morning, canceled plan, or reminder of sport.
2. If you cannot name a feeling, what did you want to do immediately afterward?

ChatGPT: "Start Session 08." Review one trigger-thought-response loop without diagnosing me.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 02 THE PATTERNS I AM NOTICING

Save one trigger-thought-action-alternative review.

PERSONAL FILM ROOM / SESSION 08

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Describe a recent moment when you had a strong reaction, felt stuck, or noticed a repeated habit. What happened?

QUESTION 02

What did you tell yourself in that moment? Separate the facts from your interpretation.

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 08

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

How did you respond, and what short-term relief or cost came from that response?

QUESTION 04

What is one alternative response you could experiment with next time?

TODAY'S OUTPUT / DECISION

Complete one four-part film review: Trigger -> Thought -> Action -> Alternative.

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

AFTER SESSION 08 / REVIEW BEFORE MOVING ON

HALFTIME FILM REVIEW

You have explored identity, private standards, relationships and how you respond to difficult moments. You can carry questions forward without forcing answers.

REVIEW THESE BEFORE CONTINUING

- [ ] Session 5: Identity statement and values
- [ ] Session 6: Your internal scoreboard
- [ ] Session 7: Next Locker Room roster
- [ ] Session 8: Trigger-thought-action Film Review

A pattern I may be noticing is...

Something that already helps me respond well is...

FILM ROOM REMINDER

Recognition comes before adjustment. Take what you learned, leave what remains unresolved, and choose your next reasonable play.

SESSION 09 / FIND YOUR TRUE WHY

The Dream Behind the Dream

YOU WILL CREATE / PERSONAL WHY STATEMENT

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

At first I thought making it professionally was the goal. But the deeper reason was the picture I had of my parents and grandparents being able to rest, travel, and enjoy life without constant financial stress. Football was one route to that future, not the only route. When that route closed, the deeper reason still mattered. Your WHY does not have to be money or a business; it needs to be honest enough to help you choose.

THE HARD TRUTH

The destination you care about may be different from the vehicle you thought would get you there.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will complete one no-cost action that reflects a value or purpose I identified while exploring my WHY.

NEED HELP? / OPTIONAL

1. Imagine the athletic experience or outcome you most wanted happened. What would you value about the life that followed?
2. If your answer is money, what would it let you protect, experience or contribute?

ChatGPT: "Start Session 09." Guide seven layers of WHY without giving me a canned purpose statement.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 04 MY WHY AND MY DEFINITION OF WINNING

Save your personal WHY and underlying values.

PERSONAL FILM ROOM / SESSION 09

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What did you hope to experience or gain through sports? This might have been enjoyment, belonging, growth, recognition, achievement, or something else.

QUESTION 02

Why did that outcome matter? Ask 'why?' again until you reach a value or need, not just another status symbol.

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 09

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What part of that need could you begin honoring with the resources you have now?

QUESTION 04

Write a WHY statement that reflects your values without relying on a specific career or income number.

TODAY'S OUTPUT / DECISION

Complete your seven-layer WHY ladder in the AI companion or on a separate page.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Luis / Baseball / Graduation: I loved mastery and being dependable. My WHY now is to keep building useful skills, contribute to meaningful work, and show up well for the people in my life.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 09 / OPTIONAL DEEPER REFLECTION

Follow the reason beneath the reason

Write a brief answer to each layer. Let the next question build on your words. Do not force a childhood explanation or final purpose statement.

01 **Why did I first want to play or excel in my sport?**

02 **What did I enjoy most about that experience?**

03 **Why did that feeling matter to me?**

04 **What did that give me that felt important?**

05 **What does that suggest about what I value?**

06 **Where else could I express or experience that value?**

07 **What small action could honor that value now?**

SESSION 10 / THE INTERNAL FILM ROOM

The Rules I Inherited

YOU WILL CREATE / BELIEF REVIEW AND SUPPORT STEP

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

As a kid, I often heard 'toughen up.' I rarely saw my father open up emotionally, and I absorbed a version of strength that meant keeping pain private. Later, he sat with me during a hard football season and gave me room to talk. My former relationship also showed me the cost of communicating only about money when I was really feeling fear and sadness. I had to reconsider what strong actually meant.

THE HARD TRUTH

A rule that helped you in one environment may need to evolve in another.

PAUSE POINT / QUESTION A LESSON WITHOUT BLAMING YOUR PAST

You can appreciate what people taught you and reconsider what no longer fits. Pause, feel your feet on the floor, and take a natural breath. You never have to disclose private family details. If this leaves you feeling worse for more than a day, speak with someone. U.S.: call/text 988 or text HOME to 741741; call 911 for immediate danger.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will practice my three-sentence emotional check-in privately or share it with someone I trust if I choose.

NEED HELP? / OPTIONAL

1. Recall a phrase from a parent, coach or teammate. What did it teach you to do?
2. What would you want a younger athlete to learn instead, or in addition?

ChatGPT: "Start Session 10." Explore rules about strength, emotion and seeking support without assigning blame.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 02 THE PATTERNS I AM NOTICING

Save one inherited belief you want to keep or examine.

PERSONAL FILM ROOM / SESSION 10

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What did you learn growing up about losing, asking for help, crying, or showing uncertainty?

QUESTION 02

Which rule genuinely helped you, and where might it be limiting you now?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 10

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

Think of a time you said you were "fine" or chose not to explain how you felt. What, if anything, were you keeping private, and why?

QUESTION 04

Who is one person with whom you could practice being a little more honest? What could you share safely?

TODAY'S OUTPUT / DECISION

Write a three-sentence check-in you could share: "I have been feeling ... because ... What I need right now is ..."

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 11 / FIND YOUR TRUE WHY

Redefine Winning

YOU WILL CREATE / PERSONAL SUCCESS CRITERIA

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

I still want to build enough financial freedom to help my family. That hasn't disappeared. But I also want a life I can enjoy while I build: time with people I love, my health, meaningful work, and memorable experiences. After one period of rebuilding, I took a solo trip to Austin and noticed myself genuinely smiling again. That mattered even though it didn't show up in a bank account or box score.

THE HARD TRUTH

If your idea of winning requires postponing everything that matters, examine the price of the win.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will schedule one activity I enjoy without requiring myself to earn it through productivity first.

NEED HELP? / OPTIONAL

1. Who do you spend time with and how do you feel after a meaningful day?
2. What do you want more of that is possible before the biggest milestone?

ChatGPT: "Start Session 11." Help me describe meaningful winning in an ordinary week, not just a distant milestone.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 04 MY WHY AND MY DEFINITION OF WINNING

Save practical, relational and personal success criteria.

PERSONAL FILM ROOM / SESSION 11

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What would a meaningful ordinary Tuesday look like in your current season of life, before any major milestone arrives?

QUESTION 02

What three values must your future goals protect?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 11

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What sacrifice are you willing to make, and which sacrifice would cross a boundary?

QUESTION 04

What is one non-financial sign of progress you can notice this month?

TODAY'S OUTPUT / DECISION

Write three success criteria: one practical, one relational, and one personal.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Ethan / Wrestling / No pro dream: Practical: manage my bills and learn a skill. Relational: make time for people I care about. Personal: take care of my health and make room for enjoyment.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 12 / BUILD YOUR NEW PLAYBOOK

Create More Lanes

YOU WILL CREATE / THREE-LANE EXPLORATION MAP

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

I once thought the answer after football had to be the fastest replacement for the money a league contract might have brought. I entered life insurance sales, struggled, and learned more than I expected about finances, people, and decisions. Eventually I found a better fit by concentrating on coaching and teaching, while building other skills gradually. I hadn't lost the destination; I needed more than one lane to move toward it.

THE HARD TRUTH

Changing your route is not automatically abandoning your values.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will spend 20 minutes exploring one possible direction through a reliable resource, conversation, or practical activity.

NEED HELP? / OPTIONAL

1. Recall a childhood interest outside sports. What was enjoyable about it?
2. If a new path paid nothing for a month, what could you still learn by testing it?

ChatGPT: "Start Session 12." Explore three life lanes without assuming coaching or entrepreneurship.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 05 MY NEXT THREE LANES

Save one realistic step for each life lane.

PERSONAL FILM ROOM / SESSION 12

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What interests have you avoided exploring because you weren't immediately good at them?

QUESTION 02

What would help you feel stable enough to explore a new direction without taking an unnecessary risk?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 12

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

List three possible lanes: one income/stability path, one skill/interest path, and one relationship/service path.

QUESTION 04

What is the lowest-cost way to learn whether one of those lanes fits you?

TODAY'S OUTPUT / DECISION

Build a three-lane map with one low-cost experiment for each lane.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Sam / Track / Injury: Stability: keep my job and review spending. Exploration: try two coding lessons. Connection: attend one free event and text a former teammate.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

OPTIONAL SIDEBAR / FICTIONAL COMPOSITE ATHLETE

Another ending. Another perspective.

MARCUS / SOCCER / CUT

"When I got cut, people told me to coach. I wanted to explore something completely different. I tried free technology courses and discovered I enjoyed problem-solving, even before I became good at it."

YOUR TURN

Are you curious about your next direction, or following someone else's expectations?

This example is fictional and does not describe KJ, a real client, or a testimonial. You may skip it. Your answer does not have to match the composite athlete's experience.

SESSION 13 / THE NEXT REP

Run a Small Experiment

YOU WILL CREATE / SEVEN-DAY EXPERIMENT CARD

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

I learned that self-reflection wasn't enough on its own. Getting out of the house, talking with people, exploring new places, and trying things without needing to be great immediately gave me new information about myself. If a plan wasn't working, I had to adjust instead of treating the outcome as proof I wasn't good enough. Football taught me to review the film; life taught me I could call a different play.

THE HARD TRUTH

You cannot think your way into every answer; sometimes you have to collect evidence by doing.

PRACTICAL NEXT REP

On [day/time], after [existing routine], I will spend [realistic duration] completing the first step of my seven-day experiment, then record one thing I learned.

NEED HELP? / OPTIONAL

1. What is one thing you can test for 20 minutes without purchasing anything?
2. What would you learn even if the first attempt did not work?

ChatGPT: "Start Session 13." Help me design a reversible seven-day experiment with clear feedback.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 06 MY NEXT REP CONTRACT

Save the experiment question, action and feedback source.

PERSONAL FILM ROOM / SESSION 13

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

Which one interest or opportunity deserves a small, reversible test right now?

QUESTION 02

What exactly will you do, when, and for how long during the next seven days?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 13

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What would you need to observe to decide to continue, adjust, or stop?

QUESTION 04

What obstacle could get in the way, and what is your minimum viable version of the experiment?

TODAY'S OUTPUT / DECISION

Write a seven-day experiment with a date, action, feedback source, and review question.

SAMPLE COMPLETED ANSWER / FICTIONAL COMPOSITE

Nia / Basketball / Cut: I will try graphic design Tuesday and Thursday for 20 minutes after dinner, make one practice image and review if I enjoyed the process and would continue learning.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

SESSION 14 / THE NEXT REP

Call Your Next Play

YOU WILL CREATE / PERSONAL BLUEPRINT AND 30-DAY COMMITMENT

HOW I FEEL BEFORE / 1 VERY LOW - 10 FEELING GOOD

FROM KJ'S EXPERIENCE

The turning point for me wasn't an overnight transformation. I applied for stable jobs. I trained again. I journaled. I read outside by the lake. I started coaching and noticed how much I loved helping athletes progress. Some days were still hard, but I began keeping small promises to myself. If you miss a tackle in the third quarter, the game doesn't end. You study what happened and line up for the next play.

THE HARD TRUTH

You do not need a perfect life plan to take one responsible next step.

PRACTICAL NEXT REP

On [day/time within 48 hours], after [existing routine], I will complete the first action from my Next Rep Contract, or intentionally adjust if rest or support is more appropriate.

NEED HELP? / OPTIONAL

1. If the plan feels too big, reduce it until the first step is realistic.
2. If the direction is unclear, choose a safe learning experiment, not a permanent commitment.

ChatGPT: "Start Session 14." Compile my own discoveries into a tentative plan and one or two manageable commitments.

Privacy: AI is optional. Avoid sharing identifying details of other people. You can skip or pause.

FEEDS YOUR BLUEPRINT / 06-07 CONTRACT & REPLAY PLAN

Complete your next reps, fallback and review date.

PERSONAL FILM ROOM / SESSION 14

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 01

What are the two clearest things you learned about yourself from this process?

QUESTION 02

What is your primary direction to test, and what question is still unresolved?

PAUSE AND GO DEEPER IF YOU NEED TO

PERSONAL FILM ROOM / SESSION 14

Your answers are the lesson

Describe specific moments. If a question does not fit, make it about your experience. Your answer can be tentative.

QUESTION 03

What one or two daily/weekly actions can you realistically sustain for 30 days?

QUESTION 04

Who or what will help you review, adjust, and return after a difficult day?

TODAY'S OUTPUT / DECISION

Complete your separate Identity Blueprint and write your two-rep commitment in the tracker.

Minimum Viable Session: One answered question plus today's output counts for now.

HOW I FEEL AFTER / 1 VERY LOW - 10 FEELING GOOD

AFTER SESSION 14 / REVIEW BEFORE MOVING ON

FINAL FILM REVIEW

You have reached the end of discovery. Now gather the answers you actually recognize and choose one practical next direction.

REVIEW THESE BEFORE CONTINUING

- [ ] One meaningful insight from the transition
- [ ] Strengths backed by real examples
- [ ] A tentative WHY and definition of winning
- [ ] One or two next reps, fallback and support

The most useful thing I learned is...

The first action I am willing to practice is...

FILM ROOM REMINDER

Recognition comes before adjustment. Take what you learned, leave what remains unresolved, and choose your next reasonable play.

YOUR DISCOVERIES / ONE DOCUMENT

Turn insights into a direction to test

You have already done the hardest part: examining your story honestly. Now organize the discoveries you agree with into a personal Blueprint. You do not have to complete everything perfectly or copy every answer.

HOW TO COMPLETE

For each Blueprint page, return to the indicated sessions, review Today's Output and your one-line takeaways, and transfer only observations that fit. Mark a question "still exploring" when appropriate.

THEN	NOW	NEXT
What I lived	What matters	What I will test

REMEMBER

Your Blueprint is a starting point, not a permanent identity. If you learn something new, you can revise the plan. When it is complete, move to your 30-day tracker.

DO NOT START FROM SCRATCH

Your Film Room Blueprint map

Find each Blueprint topic below. Return to the session outputs listed, choose the insight that feels most accurate, and transfer it. Leave unresolved questions open.

01 THE STORY I AM HONORING — Sessions 01-02

Starting point, what changed, what remains, what I am proud of.

02 THE PATTERNS I AM NOTICING — Sessions 04, 08, 10

Expectations, thought loops and inherited rules to reconsider.

03 WHO I AM NOW — Sessions 03, 05

Evidence-backed strengths, three values, identity statement.

04 MY WHY AND WINNING — Sessions 06, 09, 11

My standards, deeper WHY, practical/relational/personal success.

05 MY NEXT THREE LANES — Sessions 07, 12

Stability, exploration, connection and contribution.

06 MY NEXT REP CONTRACT — Sessions 13-14

What I will test, specific action, when, where and accountability.

07 MY REPLAY PLAN — Sessions 13-14

Likely obstacle, smaller fallback and review date.

MY NEXT SEASON / 01 OF 07

THE STORY I AM HONORING

Review Sessions 01 and 02. Bring your starting-point statement and loss-and-continuity map.

What happened in my athletic transition?

Consider graduation, injury, choice, burnout or being cut; describe only what fits.

What am I grieving, missing, adjusting to, or learning to accept - if anything?

You can name relief, pride or mixed feelings too.

What about my athletic journey am I proud of?

List at least one experience or personal quality you value.

MY NEXT SEASON / 02 OF 07

THE PATTERNS I AM NOTICING

Review Sessions 04, 08 and 10. Use your expectations audit and trigger-thought-action review.

A repeating thought, rule or belief I have noticed

Choose one you can back up with a real moment.

What seems to trigger it, and what do I usually do?

Describe the situation, the thought and your response.

A more balanced possibility I want to test

Do not claim certainty about an unresolved pattern.

MY NEXT SEASON / 03 OF 07

WHO I AM NOW

Review Sessions 03 and 05, plus the Values Card Sort.

Three values I want my choices to reflect

Use your Values Card Sort; choose values that matter to you.

Three skills backed by examples from sport or life

Name actions that show each strength.

My current identity statement

Try: I value _____ and want to contribute through _____.

MY NEXT SEASON / 04 OF 07

MY WHY AND MY DEFINITION OF WINNING

Review Sessions 06, 09 and 11. Use the Seven Layers of WHY if useful.

What matters most to me beyond status, recognition or money?

What did you want the sports dream to make possible?

What does a worthwhile ordinary week look like?

Think about health, time, people, enjoyment and practical progress.

Which sacrifices will I make, and which would cross a boundary?

Include at least one boundary you intend to protect.

MY NEXT SEASON / 05 OF 07

MY NEXT THREE LANES

Review Sessions 07 and 12. The three lanes are life areas, not three businesses or careers.

STABILITY	EXPLORATION	CONNECTION
Cover the basics	Test an interest	Build belonging

EXAMPLE / NOT AN ASSIGNMENT

Stability: keep my job and check my budget on Sunday. Exploration: try a 20-minute design tutorial. Connection: text an old teammate. Your three lanes can look completely different.

LANE 1 / INCOME & STABILITY

What will help you meet basic needs or create breathing room? Write one realistic move.

LANE 2 / SKILL & CURIOSITY

What interest, ability or possible career could you test without committing to it?

LANE 3 / COMMUNITY & CONTRIBUTION

What connection or contribution step would you like to take?

MY NEXT SEASON / 06 OF 07

MY NEXT REP CONTRACT

Review Sessions 13 and 14. A rep is one real, scheduled action - not a feeling or outcome.

WHAT	WHEN	WHERE
Action + amount	Time + trigger	Real place

WORKED EXAMPLE

Question: Do I enjoy coaching? Rep 1: Research coaching for 15 minutes after dinner on Monday and Wednesday at my desk. Rep 2 is optional. Accountability: calendar alert and Sunday check-in.

ONE DIRECTION OR QUESTION TO EXPLORE

What am I trying to learn over these 30 days?

REP 1 / MY MAIN COMMITMENT

On [day/time], after [trigger], I will [action + amount] at [place].

REP 2 / OPTIONAL

Only if it fits available time, energy and resources.

ACCOUNTABILITY SUPPORT

Which person, reminder or system will prompt a check-in?

MY NEXT SEASON / 07 OF 07

MY REPLAY PLAN

Review Sessions 13 and 14. Plan what you will do BEFORE life gets busy.

NOTICE	ADJUST	RESUME
What happened?	Scale the rep	Next planned time

EXAMPLE / IF-THEN

If my shift runs late, I will stretch for five minutes rather than walk for 20. If I miss a scheduled rep, I will note why and resume at my next planned opportunity - no doubling up. Sundays at 6 p.m. I review the plan.

LIKELY OBSTACLE + SMALLER FALLBACK

If [obstacle] happens, then I will [smaller action or appropriate rest].

MY NEXT-PLAY RESPONSE

If I miss a rep, how will I review and resume without punishment?

REVIEW DATE + WHAT I WILL LOOK FOR

When will I review? What will show fit, learning or progress?

IMPLEMENTATION / 30 DAYS

Keep one or two promises. Review the film.

Choose one manageable rep from your Blueprint; add a second only if useful. Mark the days when you actually plan to complete each rep. Planned rest days are not missed commitments. Notice what works and adjust what does not.

REP 1 / YOUR MAIN ACTION

What exact action will I take, when, after what trigger, and where?

REP 2 / OPTIONAL

What smaller second action would support my direction?

MINIMUM VERSION

If the day is difficult, what smaller action or needed rest is realistic?

ACCOUNTABILITY

Who or what will prompt me to remember, review and adjust?

WEEK 01 / DAYS 1-7

Show up. Then review the film.

Check the box only on days when that rep was scheduled. Use the notes for what worked, what changed, rest or your next play.

DAY	REP 1	REP 2	WHAT I NOTICED / NEXT PLAY
1	☐	☐	
2	☐	☐	
3	☐	☐	
4	☐	☐	
5	☐	☐	
6	☐	☐	
7	☐	☐	

NEXT PLAY / NOT PERFECTION

If a rep does not happen: note what got in the way, choose a smaller version or needed rest, and resume at the next reasonable opportunity. Do not double up to punish yourself.

WEEK 01 / SELF-REVIEW

Film study, not a verdict

What helped me follow through this week?

What got in the way, and what part was within my control?

What did I learn about what I value, enjoy or need?

What will I keep, reduce or adjust next week?

WEEK 02 / DAYS 8-14

Show up. Then review the film.

Check the box only on days when that rep was scheduled. Use the notes for what worked, what changed, rest or your next play.

DAY	REP 1	REP 2	WHAT I NOTICED / NEXT PLAY
8	☐	☐	
9	☐	☐	
10	☐	☐	
11	☐	☐	
12	☐	☐	
13	☐	☐	
14	☐	☐	

NEXT PLAY / NOT PERFECTION

If a rep does not happen: note what got in the way, choose a smaller version or needed rest, and resume at the next reasonable opportunity. Do not double up to punish yourself.

WEEK 02 / SELF-REVIEW

Film study, not a verdict

What helped me follow through this week?

What got in the way, and what part was within my control?

What did I learn about what I value, enjoy or need?

What will I keep, reduce or adjust next week?

WEEK 03 / DAYS 15-21

Show up. Then review the film.

Check the box only on days when that rep was scheduled. Use the notes for what worked, what changed, rest or your next play.

DAY	REP 1	REP 2	WHAT I NOTICED / NEXT PLAY
15	☐	☐	
16	☐	☐	
17	☐	☐	
18	☐	☐	
19	☐	☐	
20	☐	☐	
21	☐	☐	

NEXT PLAY / NOT PERFECTION

If a rep does not happen: note what got in the way, choose a smaller version or needed rest, and resume at the next reasonable opportunity. Do not double up to punish yourself.

WEEK 03 / SELF-REVIEW

Film study, not a verdict

What helped me follow through this week?

What got in the way, and what part was within my control?

What did I learn about what I value, enjoy or need?

What will I keep, reduce or adjust next week?

WEEK 04 / DAYS 22-28

Show up. Then review the film.

Check the box only on days when that rep was scheduled. Use the notes for what worked, what changed, rest or your next play.

DAY	REP 1	REP 2	WHAT I NOTICED / NEXT PLAY
22	☐	☐	
23	☐	☐	
24	☐	☐	
25	☐	☐	
26	☐	☐	
27	☐	☐	
28	☐	☐	

NEXT PLAY / NOT PERFECTION

If a rep does not happen: note what got in the way, choose a smaller version or needed rest, and resume at the next reasonable opportunity. Do not double up to punish yourself.

WEEK 04 / SELF-REVIEW

Film study, not a verdict

What helped me follow through this week?

What got in the way, and what part was within my control?

What did I learn about what I value, enjoy or need?

What will I keep, reduce or adjust next week?

WEEK 05 / DAYS 29-30

Show up. Then review the film.

Check the box only on days when that rep was scheduled. Use the notes for what worked, what changed, rest or your next play.

DAY	REP 1	REP 2	WHAT I NOTICED / NEXT PLAY
29	☐	☐	
30	☐	☐	

NEXT PLAY / NOT PERFECTION

If a rep does not happen: note what got in the way, choose a smaller version or needed rest, and resume at the next reasonable opportunity. Do not double up to punish yourself.

WEEK 05 / SELF-REVIEW

Film study, not a verdict

What helped me follow through this week?

What got in the way, and what part was within my control?

What did I learn about what I value, enjoy or need?

What will I keep, reduce or adjust next week?

DAY 30 / LOOK BACK

What changed through practice?

Which commitment supported my life most?

What did I learn about my patterns, needs or direction?

What matters enough to continue next month?

What is my next realistic action?

ONE PAGE / COMPLETELY OPTIONAL

Help improve this guide for the next athlete.

Thank you for being one of the first athletes to try this workbook. You do not need to share your private journal answers, athletic history or personal information. We want feedback on whether this was clear, usable and worth your time.

WHEN I AM SHARING THIS FEEDBACK

- ☐ After Session 04
- ☐ After Session 14
- ☐ After my 30-day practice

RATE 1-5 / 1 = HARD TO USE / 5 = VERY CLEAR

The instructions were easy to follow	
The questions helped me think more deeply	
I knew what to do after each lesson	

MOST USEFUL

Which session, question or tool was most useful? Why?

FRICTION

Where did you get confused, stuck or overwhelmed?

ONE CHANGE

What is one specific thing that would make this guide better?

HOW TO RETURN THIS PAGE

If you choose to share feedback, export or screenshot ONLY this page and reply to the person who sent you the workbook. Do not send the entire filled workbook; keep your personal reflections private.

THE NEXT PLAY

You missed a tackle. The game continues.

When you miss a commitment, do not turn it into evidence that you have failed at life. Study what happened, adjust the plan, and take the next reasonable action.

NOTICE	What happened? Describe it without exaggerating or hiding it.
REVIEW	Was the plan realistic? Did you need support or rest?
ADJUST	Choose a full rep, reduced rep, rest, or additional help.
RESUME	Continue at the next reasonable opportunity. No doubling up or restarting.

> **ONE LAST QUESTION**
>
> Who are you becoming through the way you respond to the life in front of you - not only the outcome you eventually achieve?

This workbook is educational and reflective; it is not a diagnosis or a substitute for professional care. If reflection feels overwhelming, pause and reach out to someone you trust or a qualified professional.

FROM ONE FORMER ATHLETE TO ANOTHER

The name is still yours.

For a long time, I thought the ending of my football career meant I had failed the person I promised myself I would become. I knew how much I had sacrificed. I didn't know how to be proud of the journey when the destination looked different.

I needed space to admit what I had lost before I could see what I'd carried out of the game: discipline, friendships, knowledge, the ability to teach, and a genuine love for helping people improve. My next chapter didn't begin with a championship. It began with honest questions, stable steps, and the decision to live again.

This guide isn't asking you to forget your sport, pretend the ending didn't hurt, or prove your worth through another achievement. You can miss the game. You can feel uncertain. You can change the plan. What matters is that you stay curious about the person you're becoming and give yourself a real chance to build a life you want to be part of.

THEN	NOW	NEXT
The athlete	The whole person	One honest rep

FINISH THIS IN YOUR OWN WORDS

I am more than...

The next small promise I choose is...

Keep living. Keep learning. And keep your name. - KJ