

# Self-Action Leadership Master Challenge



## *REQUIREMENTS*



# THE SELF-ACTION LEADERSHIP MASTER CHALLENGE



The Self-Action Leadership Master Challenge consists of a series of work assignments that accompany your reading of this book. Those who complete the SAL Master Challenge will receive a medal and diploma. They will also be inducted into the SAL Master Challenge Hall of Fame, and have their names displayed with distinction on the Wall of Honor at Freedom Focused headquarters and online at the Freedom Focused website.

On the following two pages you will find two copies of the SAL Master Challenge requirements. The first copy is to keep in your book as a reminder of your progress and achievements. The other one will be used to fill out, cut out, and send in with your completed Self-Declaration of Independence and Self-Constitution (or 10-page paper) to Freedom Focused headquarters upon your completion of all the requirements.

For your convenience, a copy of the SAL Master Challenge requirements along with a cover sheet can be downloaded online at [www.freedomfocused.com](http://www.freedomfocused.com). When you have completed all the requirements and are ready to submit your completed requirements sheet and assignments, please mail the appropriate paperwork to:

Freedom Focused LLC  
**Attn: SAL Master Challenge**  
2614 Winding Creek Way  
Conroe, TX 77385

Detailed explanations of a Self-Declaration of Independence and Self-Constitution are provided in Book the Third. Upon receipt of your completed requirement sheet and assignments, a member of the Freedom Focused faculty will review your work and verify your completion of the established requirements. Your diploma and medal will be mailed within 10 business days following a successful review of your deliverables. Your name will then be added to the SAL Master Challenge Honor Wall located at Freedom Focused headquarters in the Houston, Texas area, as well as the online SAL Master Challenge Honor Roll located on the Freedom Focused website where it will remain indefinitely as a virtual reminder of your hard work and achievement.

# SELF-ACTION LEADERSHIP MASTER CHALLENGE REQUIREMENTS

1. Find an Accountability Partner (e.g., spouse, family member, friend, supervisor, teacher, colleague, mentor). Review with them the SAL Master Challenge requirements. Invite them to be a witness to your efforts and serve as your accountability partner. (Check boxes upon completion)

Accountability Partner's name: \_\_\_\_\_ & Initials: \_\_\_\_\_

2. Read all five sections of this book.

Accountability Partner's Initials: \_\_\_\_\_

3. Complete the 25 SAL Challenge Exercises throughout this book.

Accountability Partner's Initials: \_\_\_\_\_

4. Share this book—and what you have learned and experienced—with three people who have not yet read it. Invite and encourage them to read it and complete the SAL Master Challenge.

Accountability Partner's Initials: \_\_\_\_\_

5. Submit a copy of your Self-Declaration of Independence and Self-Constitution along with your completed requirement sheet, including initials & signatures, to Freedom Focused. If you wish to keep these documents personal, you may submit a 10-page paper in lieu thereof. The paper should discuss what you have learned about SAL and how you are applying it in your life. Please provide specific examples.

Accountability Partner's Initials: \_\_\_\_\_

*On my honor, I affirm and attest that I have completed ALL of the requirements to receive my SAL Master Challenge medal and diploma.<sup>1</sup>*

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Signature of Candidate

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Signature of Accountability Partner

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<sup>1</sup> Diploma is not academically accredited.

## ★ SAL CHALLENGE EXERCISE 1 ★

Efficacious self-action leaders are journalers. As you prepare to begin your study and application of SAL, it is important to have a personal diary to accompany you on your journey.

The first SAL Challenge exercise is to obtain a notebook, or save an electronic text file on your computer, whereby you can begin your personal Self-Action Leadership journal. This journal is meant to accompany your reading of this book and facilitate your completion of the SAL Master Challenge Requirements. After reading each chapter, use your journal to record your thoughts, feelings, dreams, goals, etc. Remember to record the date of each journal entry you compose.

For your first journal entry, access the full text of President Theodore Roosevelt's speech, *Citizenship in a Republic*, from the Internet, read *all* of it, and record your reflections in your inaugural journal entry.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 1  YOUR INITIALS: \_\_\_\_\_



**★ SAL CHALLENGE EXERCISE 3 ★**

1. Read a 150+ page book on American history.  Completed
2. Write a one-page journal entry on what you learned.  Completed
3. Write down a list of blessings and opportunities you have because of your American citizenship.  Completed
  
4. In his 2002 *State of the Union* address, President George W. Bush called on every American to invest at least two years of your life (or 4,000 hours) to “the service of your neighbors and your nation.” How will you spend your 4,000 hours? Jot down some preliminary ideas, including what you could begin doing right now to serve your country in small ways? (e.g. picking up trash, volunteering your time in school or community service projects, mentoring or coaching someone younger or less experienced than you, etc.).

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 3  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 4 ★**

What is something in your life right now that you need to focus on *Re-learning*?

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What is something you are doing right now in your life that you need to focus on *Un-learning*?

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Outline a plan below for how you will effectively commit to taking the necessary action steps over time to effectively replace your current, bad habit with a new, better one.

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Who *ARE* you? For *what* purpose do you believe you are alive as a human being in this world? Does your life matter in the grand scheme of things? If so, why? Answering these questions for yourself lies at the heart of determining your life's purpose and motivating you to realize that purpose. In the following lines, write down a few of your current thoughts, or potential ideas, on this subject. Revisit these questions on an ongoing basis in your journal as you receive additional knowledge and inspiration in the future.

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 4  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 5 ★**

Read a substantive biography or autobiography of a famous self-action leader. Write a journal entry describing what you learned from their example (good or bad, positive or negative) and how you can apply it to your own SAL journey.

**Name of Person Studied:** \_\_\_\_\_

**Title of Book Read:** \_\_\_\_\_

I HAVE COMPLETED SAL CHALLENGE EXERCISE 5  YOUR INITIALS: \_\_\_\_\_



**★ SAL CHALLENGE EXERCISE 6 ★**

Write down three things, people, or situations that currently frighten, intimidate, or annoy you.

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Write down what you can begin doing today to work on your inner life in order to change your outer reality with relation to these people or things?

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**REMEMBER:** The only things you can truly control in life are your own thoughts, speech, and actions; therein lies your power to change both your internal *and* external reality.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 6  YOUR INITIALS: \_\_\_\_\_

★ SAL CHALLENGE EXERCISE 7 ★



*Official Declaration of War*

I, \_\_\_\_\_, hereby issue an official declaration of war on the inner forces of moral atrophy and entropy, and the outer forces of Existential Gravity attempting to destroy my noble birthright. As the sovereign ruler of my life, I pledge a total effort in the battles to come. I authorize the use of all necessary knowledge, desire, willpower, and help required to extricate all unwanted intruders from my world now and forever. I will never surrender, but will persist until the war has been won. I also declare my commitment to help, support, and encourage other self-action leaders to successfully wage their inner battles.\*

Signed this \_\_\_\_ day of \_\_\_\_\_, 2 \_\_\_\_.

\_\_\_\_\_  
Signature

**“The greatest battle of life is fought within the silent chambers of your own soul.”**

– *David O. McKay*  
(1873-1970)

Disclaimer: The terms “war” and “battle” used in the above declaration are strictly metaphorical terms employed to inspire self-action leaders to effectively work to resist negative peer pressure and achieve self-improvement. In no way does Freedom Focused promote violence of any kind for any reason except for the waging of legal and justified wars and the rare and unlikely instance when one’s physical self-defense may require it.

**★ SAL CHALLENGE EXERCISE 8 ★**

**READ 5 BOOKS** FROM THE LIST OF TITLES IN APPENDIX A    1  2  3  4  5

BOOK TITLES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**MEMORIZE 5 SAL MANTRAS** FROM APPENDIX B    1  2  3  4  5

**MEMORIZE 5 QUOTES** FROM APPENDIX B    1  2  3  4  5

QUOTES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**MEMORIZE 5 POEMS** FROM APPENDIX B:    1  2  3  4  5

POEM 1: TITLE: \_\_\_\_\_ AUTHOR: \_\_\_\_\_

POEM 2: TITLE: \_\_\_\_\_ AUTHOR: \_\_\_\_\_

POEM 3: TITLE: \_\_\_\_\_ AUTHOR: \_\_\_\_\_

POEM 4: TITLE: \_\_\_\_\_ AUTHOR: \_\_\_\_\_

POEM 5: TITLE: \_\_\_\_\_ AUTHOR: \_\_\_\_\_

INITIALS OF ACCOUNTABILITY PARTNER, OR OTHER PERSON TO WHOM YOU PASSED OFF YOUR MEMORIZATIONS TO  
THROUGH RECITATION: \_\_\_\_\_

I HAVE COMPLETED SAL CHALLENGE EXERCISE 8        YOUR INITIALS: \_\_\_\_\_



**★ SAL CHALLENGE EXERCISE 10 ★**

1. If you have not already done so, start a personal journal/diary by composing your first entry with today's date. Decide where (notebook, computer, etc.) you will record future journal entries, and how often you plan to write.
2. If you do not already have a planning/calendaring system, decide on a system that works for you, and start using it.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 10  YOUR INITIALS: \_\_\_\_\_

## ★ SAL CHALLENGE EXERCISE 11 ★

In moderation, *physical* exercise benefits *every* other component of your nature. I run as much for the mental, emotional, and spiritual benefits as I do for the physical perks. Do you exercise at least three times per week for 30 minutes or more? If not, design a plan that works for you, and then follow it for at least five consecutive weeks. Exercise can be as simple as walking your dog or working in your yard.

**MY EXERCISE PLAN:**

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**Week 1:** 30 MIN.  30 MIN.  30 MIN.       **Week 2:** 30 MIN.  30 MIN.  30 MIN.

**Week 3:** 30 MIN.  30 MIN.  30 MIN.       **Week 4:** 30 MIN.  30 MIN.  30 MIN.

**Week 5:** 30 MIN.  30 MIN.  30 MIN.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 11  YOUR INITIALS: \_\_\_\_\_

## ★ SAL CHALLENGE EXERCISE 12 ★

1. What is *one* area of your SAL Command Center that is presently underdeveloped? (e.g. visceral, cognitive, social, or emotional). Record your thoughts on the subject in your SAL journal, and include ideas about what you might do to nurture that part of your nature moving forward.
2. Set aside a morning or afternoon (or an entire day if possible) to spend completely *alone*. During this time, do not use *any* technology. Use the time to do one or more of the following activities: think, walk, hike, exercise, relax (not merely sleep), listen to classical or other peaceful instrumental music, meditate, pray/worship, practice deep breathing, etc.
3. Identify three things where you need to be tougher on yourself. Record these things, and how you could improve on them, in your SAL journal.
4. Identify three areas where you are currently being *too* tough on yourself. Write about these things, and how you could practice self-compassion to cut yourself a break in these areas.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 12  YOUR INITIALS: \_\_\_\_\_

## ★ SAL CHALLENGE EXERCISE 13 ★

On the following two pages, draft a Self-Declaration of Independence by declaring your independence from whatever SAL Gravity is currently limiting your personal freedom and Existential Growth. An online template for this activity is also available at [www.freedomfocused.com](http://www.freedomfocused.com) (click on the link entitled, “Books & Free Content”).







**★ SAL CHALLENGE EXERCISE 14 ★**

*Who* are you currently competing with, or comparing yourself to?

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Are these comparisons helping or hurting you, or perhaps both? Explain...

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How might you shift your focus toward competing primarily with yourself?

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What are the possible benefits of shifting your focus?

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 14  YOUR INITIALS: \_\_\_\_\_

★ SAL CHALLENGE EXERCISE 15 ★

Design a SAL Tracker with daily task goals you desire to accomplish during the next 30 days. Then aim for at least a 75% completion rate. *Note:* Do not be overly ambitious in setting up your tracker. It is more important to have a high completion percentage than to have a *lot* of task goals. I would suggest a minimum of five tasks and a maximum of 10. More than that will likely be difficult to accomplish during waking hours.

| Jordan Jensen  | SELF-ACTION LEADERSHIP DAILY TASK TRACKER   | January 2012                       |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| <b>Daily Tasks</b>   | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th><th>17</th><th>18</th><th>19</th><th>20</th><th>21</th><th>22</th><th>23</th><th>24</th><th>25</th><th>26</th><th>27</th><th>28</th><th>29</th><th>30</th><th>31</th> </tr> </thead> <tbody> <!-- 10 empty rows for task entry --> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> | 1                                  | 2 | 3 | 4 | 5 | 6 | 7 | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%; padding: 5px;">Time Period Goals</th> <th style="width: 20%;"></th> <th style="width: 20%;"></th> <th style="width: 20%;"></th> <th style="width: 20%;"></th> <th style="width: 20%;"></th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> | Time Period Goals |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1  | 2   | 3                                  | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Time Period Goals  |   |                                    |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; padding: 5px;"><u>TRACKER RESULTS/PERCENTAGES</u></th> </tr> </thead> <tbody> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </tbody> </table> |   | <u>TRACKER RESULTS/PERCENTAGES</u> |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <u>TRACKER RESULTS/PERCENTAGES</u>   |   |                                    |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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I HAVE COMPLETED SAL CHALLENGE EXERCISE 15  YOUR INITIALS: \_\_\_\_\_

## ★ SAL CHALLENGE EXERCISE 16 ★

Return to the beginning of this chapter and re-read the steps to drafting a Self-Constitution. Draft your own self-constitution as you go. You can use the template found below. Online templates can also be found at [www.freedomfocused.com](http://www.freedomfocused.com) (click on the link entitled, “Books & Free Content”).

*The Self-Action Leadership*

# *Personal Constitution*

*of*

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*Print Name*

## *Preamble*

STATEMENT OF PERSONAL VISION

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## *Article I.*

STATEMENT OF PERSONAL MISSION

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*Article III.*

STANDARDS OF PERSONAL CONDUCT

PHYSICAL: \_\_\_\_\_

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MENTAL \_\_\_\_\_

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EMOTIONAL: \_\_\_\_\_

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SOCIAL: \_\_\_\_\_

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SPIRITUAL: \_\_\_\_\_

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MORAL: \_\_\_\_\_

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*Article V.*

SAL ADVISORY BOARD

**SALAB Member:** \_\_\_\_\_ Overall Rank: # \_\_\_\_\_

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**SALAB Member:** \_\_\_\_\_ Overall Rank: # \_\_\_\_\_

*Membership Criterion:* \_\_\_\_\_  
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# *Ratification*

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*Your Signature*

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*Witness Signature*

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*Date*

I HAVE COMPLETED SAL CHALLENGE EXERCISE 16  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 17 ★**

Think about someone you have *not* been honest with in the past. Go to that person, confess your dishonesty, communicate your intention to be honest in the future, and ask for their forgiveness. Do this today, or before the end of the week. If you have already been practicing circumspect honesty in your life, and no confession is necessary, then write a journal entry about what you are presently doing to prevent dishonesty in the future.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 17  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 18 ★**

Who has given you good advice lately, or not so lately, in your life? Have you followed it? If not, why? What can you do to begin implementing that advice into your life moving forward?

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 18  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 19 ★**

1. Think of the last time you failed to show reverence to someone or something that you know deserves your respect. In the space below, write down what you will do differently next time.

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2. Think of someone you admire, but have never told them so. Contact them *today*, or before the end of the week. Express your admiration, thank them for their example, and ask for their advice on something you need counsel on in your life.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 19  YOUR INITIALS: \_\_\_\_\_



**★ SAL CHALLENGE EXERCISE 20 ★**

Think of something you have done wrong, or someone you have mistreated. Before the end of the day (or week), do whatever you can to right that wrong, including sincerely apologizing to anyone who may have been harmed by your speech or actions. In addition, express to them your commitment to change your speech and/or actions to avoid wrongdoing in the future.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 20  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 21 ★**

Complete 10 hours of service: five in your home, and five in your business, school, or community

HOUR 1  HOUR 2  HOUR 3  HOUR 4  HOUR 5

HOUR 6  HOUR 7  HOUR 8  HOUR 9  HOUR 10

I HAVE COMPLETED SAL CHALLENGE EXERCISE 21  YOUR INITIALS: \_\_\_\_\_

★ SAL CHALLENGE EXERCISE 22 ★

What is something you've been procrastinating? Utilize the power of the present to complete the task today, or before the end of the week.

I HAVE COMPLETED SAL CHALLENGE EXERCISE 22  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 23 ★**

Complete at least TWO of the following three exercises

1. For one full week, discipline yourself to wake up at 6:30 a.m. (or earlier) and spend one full hour reading, writing, pondering, walking, meditating, praying, or a combination of these activities. Do *not* use *any* technology during this time.

Day 1  DAY 2  DAY 3  DAY 4  DAY 5  DAY 6  DAY 7

2. Fast from food and water for two-consecutive meals. Completed

3. Sign a chastity pledge...

*I hereby commit to refrain from all sexual activity prior to marriage.  
I further commit to upholding complete sexual fidelity to my spouse after marriage.*

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

I HAVE COMPLETED SAL CHALLENGE EXERCISE 23 BY COMPLETING 2 OF THE 3 CHALLENGES ABOVE

YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 24 ★**

Take inventory of your surroundings. Do you have visual reminders of your goals or important priorities? If not, figure out a way to add a few reminders. Make sure your reminders are displayed in a place where you will see them daily.

Visual detractors (negative cues) that I will remove from sight before the end of this week include: \_\_\_\_\_

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Visual up-lifters and reminders (positive cues) that I will add to my environment (room, office, car, locker, etc.) are:

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 24  YOUR INITIALS: \_\_\_\_\_

**★ SAL CHALLENGE EXERCISE 25 ★**

What healthy and productive self-rewards could you use to motivate yourself to work hard, stay focused, etc.

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List some activities you find naturally rewarding. Why do you find these activities rewarding?

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What are the direct and/or indirect benefits of participating in these activities?

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What is an activity you have never tried that you might find naturally rewarding were you to engage it?

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How could you find time to spend more time doing things that are naturally rewarding without sacrificing any important life responsibilities?

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I HAVE COMPLETED SAL CHALLENGE EXERCISE 25  YOUR INITIALS: \_\_\_\_\_