WATCHMAN CODE / BUILD THE MAN FIRST

The Starter Guide

Welcome to the Build

Whether you are taking your first step, rebuilding after a setback, or bringing years of training and experience, you belong in the Build. Keep growing as a stronger man in body, character, and purpose.

This is your build. Put your name on it: Built by _____

Accountable to me. Choose one promise you can keep today.

Two simple steps

1. Take your first step. Choose when and where you will walk. Pick a comfortable amount that fits your ability and your day.

2. Record it and return. Write down what you did, how it felt, and when you will show up again.

Already training? Keep the routine that serves you. Use the walk for reflection or recovery, and choose a Builder’s Move that develops the man beyond the workout.

Your first week gives you a rhythm: Begin. Return. Make Room. Notice. Anchor. Connect. Continue.

ONE ORDINARY DAY AT A TIME

Your First Week

DAY 1 / BEGIN

Choose a comfortable walk that fits your current ability. Record what you did and one thought you want to carry forward.

DAY 2 / RETURN

Return to your walk or chosen Builder’s Move. Keep the commitment realistic enough to repeat.

DAY 3 / MAKE ROOM

Notice what gets in the way. Choose a time and remove one obstacle to showing up.

DAY 4 / NOTICE

Pay attention to your energy, your thoughts, and how you show up for others. Write down one thing you learned.

DAY 5 / ANCHOR

Open scripture, reflect, and pray. Or read something that helps you grow. Choose one truth to put into practice today.

DAY 6 / CONNECT

Reach out to one person. Ask a real question, listen, and offer encouragement. Experienced builders have something to share, too.

DAY 7 / CONTINUE

Review your week. What worked? What needs to change? Choose your next repeatable action and keep building.

PUT IT INTO PRACTICE

Your Daily Build

Keep this simple. Record your chosen action, then return tomorrow.

- ☐ Took my walk or completed my chosen Builder's Move
- ☐ Recorded what I did and one thing I noticed
- ☐ Chose when I will return

A Word Before You Begin

Discipline creates confidence. You will not feel ready - begin anyway. The first rep is the hardest and the most important. Win the start, and success follows.

God gives the blueprint. We build the structure.

Let's continue the build.
Rod | Built by Rod

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