



THE DOJO

THE MEASURE

A seven-room reading of the life you are actually living

Finances · Body · Mind · Emotion

Relationships · Purpose · Direction

(STEWARDSHIP + INTENTION) x FAITH = HUMAN FLOURISHING

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HOW TO USE THIS

Before You Begin

This is not a personality quiz, and it will not hand you a label to wear. It is a mirror. Seven rooms of a life, measured honestly, so you can see where you actually stand — your Point A.

Take days, not an afternoon. One room per sitting is the right pace. The questions are designed to work on you between sittings; rushing them wastes them.

Answer for the life you live, not the one you intend. Nobody is grading this. The only way to lose is to answer as the person you wish you were.

Each room has five layers. The Ground (where you stand), The Habits (what you do), The Mind (what you understand), The Story (what you were taught to believe), and The Spirit (what it is all for). The layers descend on purpose — from the factual to the sacred.

Some layers score. Some only reveal. The reflections are for your eyes alone. They are not measured because the things that matter most rarely are.

Faith is optional throughout. Answer those sections only if you wish; left blank, they change nothing.

A word before you start

You are about to write down true things about your money, your body, your mind, and your history. Some of it will be uncomfortable. That discomfort is not a sign you are failing — it is the sound of something being seen for the first time. Face it here, and it starts working for you.

This workbook is educational. It is not financial, medical, legal, or psychological advice, and it is not therapy. If something surfaces that feels heavier than you can carry, please bring it to a real person — a counsellor, a pastor, a doctor, someone who can walk with you. In the US you can call or text 988 any time. The Dojo trains; it does not treat.

Five Pillars, Seven Rooms

The **rooms** are the chambers of a life. The **pillars** are the lens through which each is read. Every room feeds one or more pillars, and together they form your web — the shape of you.

PILLAR	THE QUESTION IT ASKS	ITS GOAL
Mental	How do I understand the world?	Become a lifelong student of truth
Emotional	How do I love and connect well?	Love wisely
Physical	How do I honour my body?	Build strength to serve
Identity	Who am I becoming?	Become the architect of your life
Spiritual	Why do I exist?	Become rooted

At the centre sits **Stewardship** — not a pillar, but the seal. It runs through all five, and it is the verb of the whole:

$$(\text{STEWARDSHIP} + \text{INTENTION}) \times \text{FAITH} = \text{HUMAN FLOURISHING}$$

THE ROOM OF

FINANCES

Feeds the Identity pillar

Layer One • The Ground

Before we draw a single map, we stand on the ground you are actually on. No judgment lives in this room — only honesty. A number you are ashamed of is just a number you have not faced yet.

Where does your income come from?

In a typical month, what comes in — and what is left after the essentials?

What does debt look like right now?

If income stopped today, how long would your reserve cover you?

What are you building with — savings, retirement, property, a business?

Who leans on your provision?

Layer Two • The Habits

Knowledge is not the test. Behaviour is. What you do with money quietly and repeatedly, when no one is watching, is who you are with it.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I set aside money for the future before I spend on wants.

1	2	3	4	5
---	---	---	---	---

2. I know, within reason, where my money went last month.

1	2	3	4	5
---	---	---	---	---

3. I spend to soothe a mood — bored, stressed, celebrating. (*reverse*)

1	2	3	4	5
---	---	---	---	---

4. I pay balances in full and avoid new high-interest debt.

1	2	3	4	5
---	---	---	---	---

5. When my income rises, my spending rises to match it. (*reverse*)

1	2	3	4	5
---	---	---	---	---

6. I give or set aside a portion of what I receive for others.

1	2	3	4	5
---	---	---	---	---

Layer Three • The Mind

This is not a grade. It is a flashlight in the corners. 'I am not sure' is the most honest answer you can give — it tells you exactly where to begin.

1. A balance carried at high interest, paying only the minimum, mostly _____
2. Cash held for ten years while prices rise — its buying power _____
3. Diversification mainly reduces _____
4. An asset is best described as something that _____
5. Owning equity means you own _____

Circle any you were unsure of. Those are your first lessons.

Layer Four • The Story

Every one of us was handed a story about money before we could question it — at a kitchen table, in a childhood we did not choose. Most people carry it their whole lives and never once read it back.

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. More money would solve most of my problems.

1	2	3	4	5
---	---	---	---	---

2. There is never really enough, no matter how much comes in.

1	2	3	4	5
---	---	---	---	---

3. Money is something I feel shame or guilt around.

1	2	3	4	5
---	---	---	---	---

4. What I earn is a measure of my worth.

1	2	3	4	5
---	---	---	---	---

5. If I ignore the numbers, they tend to sort themselves out.

1	2	3	4	5
---	---	---	---	---

Layer Five • The Spirit

Now the deepest question in the room, the one no budgeting app dares ask: what is money for? Strip away the fear and the wanting. Underneath, what are you building, and who is it for?

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. I see what I have as entrusted to me to steward, not simply owned.

1	2	3	4	5
---	---	---	---	---

2. I have a clear intention for what my money is meant to build.

1	2	3	4	5
---	---	---	---	---

3. Generosity is a regular practice for me, not an afterthought.

1	2	3	4	5
---	---	---	---	---

4. My spending reflects what I say I value most.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

In one line: what did the people who raised you teach you money *means*?

What would *enough* look like for you — a real number, or a way of living?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

My faith shapes how I hold and use money.

1	2	3	4	5
---	---	---	---	---

I believe I am accountable for how I steward what I have been given.

1	2	3	4	5
---	---	---	---	---

THE ROOM OF

BODY

Feeds the Physical pillar

Layer One • The Ground

We begin where you actually are — not where you wish you were, not where you were ten years ago. The body keeps an honest record. Read it without flinching and without shame. This is terrain, not a verdict.

On a normal day, how does your energy run?

How many hours do you sleep, and how does that sleep leave you?

In a normal week, how often does your body move on purpose?

Does pain, injury, or a condition shape your day?

Right now, how does your relationship with your body feel?

Layer Two • The Habits

The body is not honoured in one heroic effort — it is honoured in what you repeat. Quiet care, done again and again.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I move my body in a way that leaves it stronger, not just tired.

1	2	3	4	5
---	---	---	---	---

2. I protect my sleep — I treat rest as part of the work, not a reward.

1	2	3	4	5
---	---	---	---	---

3. I nourish myself with real, whole food more often than not.

1	2	3	4	5
---	---	---	---	---

4. I push past my body's clear signals to stop or rest. *(reverse)*

1	2	3	4	5
---	---	---	---	---

5. I take real recovery on purpose — days off, stretching, stillness.

1	2	3	4	5
---	---	---	---	---

6. I lean on substances to override how my body actually feels. (*reverse*)

1	2	3	4	5
---	---	---	---	---

Layer Three • The Mind

Most of us were handed myths about the body — that rest is laziness, that more is always better, that pain means progress. Truth trains better than myth.

1. For lasting strength, the bigger factor is _____
2. Sleep is mainly when the body _____
3. When sore and depleted, the wiser move is often to _____
4. Chronic stress shows up in the body as _____
5. Honouring the body long-term is more about _____

Circle any you were unsure of.

Layer Four • The Story

Before you could choose, the world handed you a story about your body — what it should look like, what it was worth, whether it was enough. Set it down here. There are no wrong bodies in this room.

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. What my body looks like largely determines my worth.

1	2	3	4	5
---	---	---	---	---

2. I carry shame about my body.

1	2	3	4	5
---	---	---	---	---

3. I treat my body as a project to fix rather than a home to live in.

1	2	3	4	5
---	---	---	---	---

4. I compare my body to others and come up short.

1	2	3	4	5
---	---	---	---	---

5. I am at peace with the body I have, even as I care for it. *(positive)*

1	2	3	4	5
---	---	---	---	---

Layer Five • The Spirit

The oldest teaching calls the body a temple — not a decoration, but a dwelling. Not something to worship or despise, but something entrusted. The deepest question is not how your body looks. It is: what is your strength for?

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. I see my body as entrusted to me — to steward, not use up.

1	2	3	4	5
---	---	---	---	---

2. I care for my body so I have the strength to serve what matters.

1	2	3	4	5
---	---	---	---	---

3. I treat rest and limits as wisdom, not weakness.

1	2	3	4	5
---	---	---	---	---

4. Caring for my body is connected to something larger than myself.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

What did you learn, spoken or unspoken, about your body growing up?

When do you feel most at home in your body?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

My faith shapes how I treat my body.

1	2	3	4	5
---	---	---	---	---

I believe my body is a gift I am accountable for stewarding.

1	2	3	4	5
---	---	---	---	---

THE ROOM OF

MIND

Feeds the Mental pillar

Layer One • The Ground

We start with the honest shape of your mental life — not how clever you are, but what you are working with and what you feed it. No test here, no rank. Just the terrain.

Where did the learning that shaped you most come from?

In a normal week, how often do you learn something new on purpose?

How does your attention feel these days?

What do you feed your mind most?

When something is hard to understand, what do you usually do?

Layer Two • The Habits

A mind is shaped by what it does daily — not by how much it knows, but by whether it keeps reaching. Answer for your real week.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I read, study, or learn something demanding on purpose.

1	2	3	4	5
---	---	---	---	---

2. I ask questions when I do not understand, instead of nodding along.

1	2	3	4	5
---	---	---	---	---

3. I sit with hard problems long enough to truly think them through.

1	2	3	4	5
---	---	---	---	---

4. I seek out views that disagree with mine.

1	2	3	4	5
---	---	---	---	---

5. I reach for my phone the moment my mind goes idle. (*reverse*)

1	2	3	4	5
---	---	---	---	---

6. I step back and examine my own thinking, not just my conclusions.

1	2	3	4	5
---	---	---	---	---

Layer Three · The Reasoning

These are not smarts — they are skills, and every one can be trained. This is how we make sense of a noisy world.

1. Two things rising and falling together proves _____
2. A claim offered with no evidence deserves _____
3. Feeling certain something is true means _____
4. The strongest thinker is the one who can _____
5. When solid new evidence contradicts what you thought, the wise move is _____

Circle any you were unsure of.

Layer Four · The Story

Somewhere along the way, most of us were told a story about our own minds — smart or slow, gifted or hopeless. A report card, a teacher's offhand word, a sibling who was 'the clever one'. There are no wrong minds in this room.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. I am just not a smart person — and that will not change.

1	2	3	4	5
---	---	---	---	---

2. If I am not good at something quickly, I am probably not meant for it.

1	2	3	4	5
---	---	---	---	---

3. I stay quiet when I do not understand, so I will not look stupid.

1	2	3	4	5
---	---	---	---	---

4. Real talent means it comes easy; needing effort means you lack it.

1	2	3	4	5
---	---	---	---	---

5. I can grow my mind at any age, with effort and practice. (*positive*)

1	2	3	4	5
---	---	---	---	---

Layer Five · The Spirit

The Mental pillar has one goal: to become a lifelong student of truth. Not to be right — to be real. So the deepest question is not how much you know. It is: what do you seek, and are you humble enough to be changed by what you find?

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. I want truth even when it costs me a comfortable belief.

1	2	3	4	5
---	---	---	---	---

2. I hold my opinions humbly — I know I could be wrong.

1	2	3	4	5
---	---	---	---	---

3. I see learning as a lifelong calling, not a phase that ended.

1	2	3	4	5
---	---	---	---	---

4. Understanding the world is, for me, tied to something sacred.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

What were you told, directly or not, about how smart you are?

What truth have you been avoiding because it would ask you to change?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

My faith is something I examine and wrestle with, not just inherit.

1	2	3	4	5
---	---	---	---	---

I believe seeking truth and seeking God are not at odds.

1	2	3	4	5
---	---	---	---	---

THE ROOM OF

EMOTION

Feeds the Emotional pillar

Layer One • The Ground

We begin with your honest emotional weather — not a diagnosis, not a judgment. Just the truth of what you are carrying and how close you can get to it. There are no wrong answers in this room.

Where does your emotional baseline sit most days?

When you feel something strongly, can you name what it is?

What emotion do you carry most these days?

When emotions rise, what do you tend to do?

Who can you be emotionally honest with?

Layer Two • The Habits

Emotional strength is not never feeling hard things — it is how you meet them when they come. Answer for how you actually respond, not how you wish you did.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. When something difficult rises, I let myself feel it instead of pushing it down.

1	2	3	4	5
---	---	---	---	---

2. I can steady myself when emotions run high — without exploding or numbing.

1	2	3	4	5
---	---	---	---	---

3. I bottle things up until they leak out sideways or blow up. *(reverse)*

1	2	3	4	5
---	---	---	---	---

4. I put words to my feelings and share them with people I trust.

1	2	3	4	5
---	---	---	---	---

5. I go numb or distract myself to avoid feeling. *(reverse)*

1	2	3	4	5
---	---	---	---	---

6. When I have wronged someone, I own it and move to repair it.

1	2	3	4	5
---	---	---	---	---

Layer Three · The Understanding

Few of us were ever taught how emotions actually work. These are not smarts — they are skills.

1. A strong emotion is best understood as _____
2. Pushing an emotion down usually makes it _____
3. Naming what you feel tends to _____
4. Anger is usually _____
5. Forgiving someone mainly _____

Circle any you were unsure of.

Layer Four · The Story

Before you had words for it, you learned your home's rules about feelings — which were allowed, which earned love, which earned silence. Those rules are still running. Read them now, gently.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. Showing emotion is weakness — I learned to hide it.

1	2	3	4	5
---	---	---	---	---

2. My feelings are too much, a burden to others.

1	2	3	4	5
---	---	---	---	---

3. If I let myself truly feel, I will fall apart.

1	2	3	4	5
---	---	---	---	---

4. I keep people at a distance so I will not get hurt.

1	2	3	4	5
---	---	---	---	---

5. My emotions are information I can feel, trust, and work with. *(positive)*

1	2	3	4	5
---	---	---	---	---

Layer Five · The Spirit

The Emotional pillar's goal is to love wisely — not to feel less, but to love better. Can you meet others, and yourself, with compassion? Can you forgive — including your own name on that list?

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. I can extend compassion to others, even when they have fallen short.

1	2	3	4	5
---	---	---	---	---

2. I am learning to forgive — others, and myself.

1	2	3	4	5
---	---	---	---	---

3. I can sit with someone in their pain without rushing to fix it.

1	2	3	4	5
---	---	---	---	---

4. Love, for me, is a practice I choose — not only a feeling I wait for.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

What were the rules about feelings in the home you grew up in?

Who do you most need to forgive — and what would it free in you?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

My faith calls me to love and forgive beyond what feels natural.

1	2	3	4	5
---	---	---	---	---

I believe I am loved in a way that does not depend on my performance.

1	2	3	4	5
---	---	---	---	---

RELATIONSHIPS

Feeds the Emotional pillar

Layer One • The Ground

We begin with the honest state of your relationships — not the highlight reel, the real one. Who is close, who is missing, where it is strained. No judgment. Just the map of your connections as they are.

How do your closest relationships feel right now?

Who can you truly count on in a hard moment?

How often do you feel genuinely known by someone?

How is conflict handled in your important relationships?

When it comes to letting people in, what do you do?

Layer Two • The Habits

Love is not mostly a feeling — it is a thousand small behaviours, repeated. How you listen, how you repair, whether you show up.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I listen to understand, not just to reply or defend.

1	2	3	4	5
---	---	---	---	---

2. When I hurt someone, I own it and repair rather than defending or disappearing.

1	2	3	4	5
---	---	---	---	---

3. In conflict, I criticise, blame, or reach for the low blow. *(reverse)*

1	2	3	4	5
---	---	---	---	---

4. I say what I need and where my limits are — clearly and kindly.

1	2	3	4	5
---	---	---	---	---

5. I go silent, withdraw, or shut down when things get hard. *(reverse)*

1	2	3	4	5
---	---	---	---	---

6. I let myself be truly known — flaws and all — by at least a few people.

1	2	3	4	5
---	---	---	---	---

Layer Three · The Relating

No one hands us a manual for loving people well. These are skills, not instincts.

1. In a healthy conflict, the goal is to _____
2. The most corrosive thing in a relationship is usually _____
3. A boundary is best understood as _____
4. Trust is built mainly through _____
5. Healthy love requires _____

Circle any you were unsure of.

Layer Four · The Story

Your very first relationships — before memory, before choice — taught you what to expect from love: whether people stay, whether it is safe to need. You carry that blueprint into every room you have entered since. A pattern you learned is a pattern you can grow past.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. People I depend on will eventually leave or let me down.

1	2	3	4	5
---	---	---	---	---

2. If I show someone the real me, they will pull away.

1	2	3	4	5
---	---	---	---	---

3. I have to earn love by being useful, easy, or perfect.

1	2	3	4	5
---	---	---	---	---

4. I would rather not need anyone — depending on people is not safe.

1	2	3	4	5
---	---	---	---	---

5. I can trust the right people, need them, and still stay myself. *(positive)*

1	2	3	4	5
---	---	---	---	---

Layer Five · The Spirit

Love was never meant to be only received. The deepest question here: are you willing to be known, to serve, to stay? Love is less a feeling you find than a covenant you keep.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. I show up for others sacrificially, not only when it is easy.

1	2	3	4	5
---	---	---	---	---

2. I am willing to be truly known — not just admired from a distance.

1	2	3	4	5
---	---	---	---	---

3. I believe I am made for community, not self-sufficiency.

1	2	3	4	5
---	---	---	---	---

4. I forgive and repair rather than letting relationships quietly die.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

Growing up, what did you learn about whether people could be counted on?

Where are you choosing being right over being close?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

My faith shapes how I love, forgive, and stay.

1	2	3	4	5
---	---	---	---	---

I believe I am called to love others as I have been loved.

1	2	3	4	5
---	---	---	---	---

THE ROOM OF

PURPOSE

Feeds the Identity pillar

Layer One • The Ground

Before we ask who you are becoming, we sketch who you are right now — your natural wiring. There is no better or worse here. A quiet mind and a loud one are both whole. This is your portrait, not your grade.

How do you meet new ideas and experiences?

How do you relate to plans and order?

Where does your energy come from — solitude or people?

How do you handle stress?

How large is the gap between who you are in public and who you are alone?

Layer Two • The Habits

Character is not what you believe — it is what you do when it costs you. Integrity is who you are when no one is watching. Answer for your actions, not your intentions.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I keep my word, even when it becomes inconvenient.

1	2	3	4	5
---	---	---	---	---

2. I do the right thing when no one would know the difference.

1	2	3	4	5
---	---	---	---	---

3. I say one thing and do another when it suits me. (*reverse*)

1	2	3	4	5
---	---	---	---	---

4. I follow through on what I start, past the point motivation fades.

1	2	3	4	5
---	---	---	---	---

5. I let others' opinions decide who I am and what I do. (*reverse*)

1	2	3	4	5
---	---	---	---	---

6. I reflect honestly on my failures instead of explaining them away.

1	2	3	4	5
---	---	---	---	---

Layer Three • The Reckoning

We are sold myths about character — that it is fixed, that it is about being liked, that willpower alone is enough.

Truth builds a self; myth builds a mask.

1. Character is mainly _____
2. Integrity means _____
3. Courage is _____
4. Discipline, over time, produces _____
5. Who you become is shaped most by _____

Circle any you were unsure of.

Layer Four • The Story

Somewhere along the way you were handed a name that was not yours — labels from people who only half-saw you. ‘The screw-up.’ ‘The strong one.’ ‘Too much.’ ‘Not enough.’ You may have worn one so long you mistook it for your face.

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. Deep down, I am not enough as I am.

1	2	3	4	5
---	---	---	---	---

2. I perform a version of myself to be accepted; the real me stays hidden.

1	2	3	4	5
---	---	---	---	---

3. I am defined by my worst mistakes.

1	2	3	4	5
---	---	---	---	---

4. I need others’ approval to feel okay about myself.

1	2	3	4	5
---	---	---	---	---

5. I am becoming someone I choose — the author of my own life. *(positive)*

1	2	3	4	5
---	---	---	---	---

Layer Five • The Spirit

The Identity pillar’s goal is to become the architect of your own life — but no one builds in a vacuum. Who are you becoming, and toward what image? Are you the author of your life, or a character in someone else’s?

Strongly disagree 1 • 2 • 3 • 4 • Strongly agree 5

1. I have a clear sense of the person I am trying to become.

1	2	3	4	5
---	---	---	---	---

2. My daily choices align with that person, not just my moods.

1	2	3	4	5
---	---	---	---	---

3. I believe I was made on purpose, with something to become.

1	2	3	4	5
---	---	---	---	---

4. I take responsibility as the author of my life, not a victim of it.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

What name or label were you handed that you are still carrying?

In one sentence, describe the person you are becoming.

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

I believe I was created in a particular image, for a particular purpose.

1	2	3	4	5
---	---	---	---	---

My identity rests in something deeper than my performance.

1	2	3	4	5
---	---	---	---	---

THE ROOM OF

DIRECTION

Feeds the Spiritual pillar

Layer One • The Ground

Every other room asked where you stand. This one asks where you are going. 'I do not know' is a real and respectable answer here. Most people have never been asked.

When you think about the direction of your life, how do you feel?

Do you have a sense of what you are here for?

Do your days point toward something you chose?

How wide is the gap between the life you are living and the one you want?

What most drives your direction right now — survival, obligation, ambition, or calling?

Layer Two • The Habits

A direction you never act on is a daydream. Intention becomes trajectory only through repetition. Answer for your actual weeks.

Never 1 • Rarely 2 • Sometimes 3 • Often 4 • Always 5

1. I set aside time to think about where my life is going.

1	2	3	4	5
---	---	---	---	---

2. I make decisions by asking whether they serve where I am headed.

1	2	3	4	5
---	---	---	---	---

3. I turn intentions into specific plans — when, where, how.

1	2	3	4	5
---	---	---	---	---

4. I let urgent things crowd out what actually matters to me. *(reverse)*

1	2	3	4	5
---	---	---	---	---

5. I drift — days pass without me choosing them. *(reverse)*

1	2	3	4	5
---	---	---	---	---

6. I review my direction honestly and correct course when I have wandered.

1	2	3	4	5
---	---	---	---	---

DIRECTION • CONTINUED

Layer Three • The Compass

There are truths about how a life actually gets built — and myths that keep people waiting.

1. A goal is most likely to happen when it is _____
2. Purpose is usually _____
3. Waiting for motivation before acting usually leads to _____
4. Hope, in the useful sense, is made of _____
5. A calling is confirmed mostly by _____

Circle any you were unsure of.

Layer Four • The Story

Somewhere you were told what your ceiling was — how far someone like you gets, what is realistic, whose life gets to be extraordinary. Most people never test the ceiling; they just live beneath it.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. People like me do not get lives like that.

1	2	3	4	5
---	---	---	---	---

2. It is too late for me to change direction.

1	2	3	4	5
---	---	---	---	---

3. My life is mostly shaped by circumstance, not by me.

1	2	3	4	5
---	---	---	---	---

4. I am waiting for permission, certainty, or the right moment.

1	2	3	4	5
---	---	---	---	---

5. I can choose my direction and take the next step from here. *(positive)*

1	2	3	4	5
---	---	---	---	---

Layer Five • The Spirit

This is the deepest room in the school, and its last question. Everything you have measured — your money, your body, your mind, your heart, your bonds, your self — was entrusted to you. So: what is it all for? A life aimed at nothing beyond itself stays small, no matter how well it is managed.

Strongly disagree 1 · 2 · 3 · 4 · Strongly agree 5

1. My life is meant for something beyond my own comfort and success.

1	2	3	4	5
---	---	---	---	---

2. I want what I build to serve others, not only myself.

1	2	3	4	5
---	---	---	---	---

3. I feel rooted — anchored in something that does not shift with circumstance.

1	2	3	4	5
---	---	---	---	---

4. I am at peace with being a steward of my life rather than its owner.

1	2	3	4	5
---	---	---	---	---

Reflection · for your eyes only

What did you once want that you quietly stopped believing was possible?

What do you want said about you when you are no longer here?

Optional · on faith

Answer only if you wish. Left blank, it changes nothing.

I believe I was made for a purpose I am accountable to.

1	2	3	4	5
---	---	---	---	---

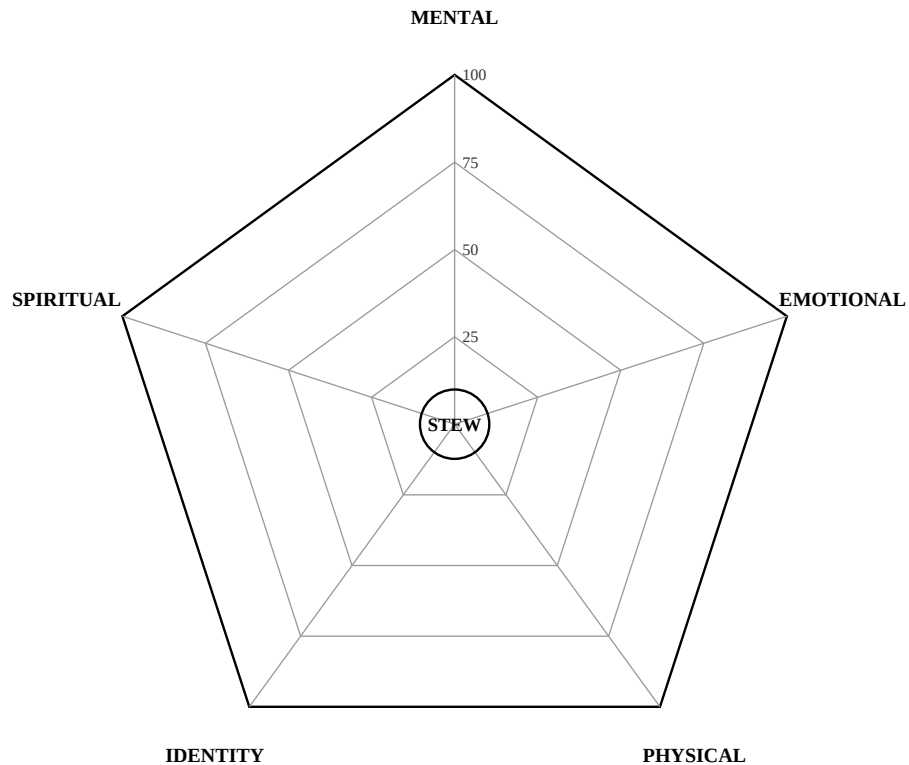
I seek guidance beyond my own understanding when choosing my direction.

1	2	3	4	5
---	---	---	---	---

THE READING

Your Web

For each pillar, add your Habits and Spirit scores from the rooms that feed it, and mark roughly where you land from 0 at the centre to 100 at the edge. Reverse-scored items count backward (a 5 becomes a 1). Then join the five marks. That shape is your Point A.



This is a mirror, not a leaderboard. You are not being measured against anyone else — only against where you stood when you began.

THE READING

Your Belt

The belt is not a rank you are handed. It is an identity you grow into. Read the descriptions and mark where you honestly stand today.

BELT		WHAT IT MEANS
WHITE	<i>Beginning</i>	You are here, and honest about it. That is the whole requirement. The work is to see clearly and stop looking away.
YELLOW	<i>Awareness</i>	You see the patterns now — the money story, the inherited rules, the drift. Seeing is not yet changing, but nothing changes without it.
GREEN	<i>Foundation</i>	Habits are forming. You do the small things repeatedly, and they are beginning to hold weight.
BLUE	<i>Discipline</i>	You act from intention rather than mood. What you do no longer depends on how you feel that morning.
BROWN	<i>Mastery</i>	The pillars support each other. Your work, your body, your relationships, and your faith are no longer at war.
BLACK	<i>Legacy</i>	You build what outlasts you, and you are able to help others flourish. Graduation is not the end of training — it is the beginning of service.

Today I stand at: _____ Date: _____

The one thing I will steward differently, starting now:

WHAT COMES NEXT

You Have Your Point A

You have done what most people never do: you have looked at your whole life honestly and written down what you found. That is not a small thing. Most people go their entire lives without one clear page of truth about where they stand.

But a measurement is not a transformation. Knowing where you stand is Point A. The work is the walk from there.

The Dojo is the school where that walk is trained — a founding circle, a Sensei, and a path that opens one belt at a time across every room you just measured. If this workbook showed you something you cannot unsee, that is exactly the door it was built to open.

thehighestcreation.com

Take the free belt reading · Enter when the gate opens

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