Family

Dig Deep Health · Caleb Colona

Your people. The relationships that sharpen you, hold you accountable, and carry your name forward after you are gone.

SELF ASSESSMENT

Where You Actually Stand

Five honest questions. Not a score to pass, a mirror to look into. Write your answer under each one.

1. **Who in your life would tell you the truth even if it cost them the relationship?**

2. **When did you last have an uninterrupted, phone-down conversation with someone you love?**

3. **Do the people closest to you know what you are actually building, or just that you are busy?**

4. **Are you present in the room you are physically in, or somewhere else in your head?**

5. **What would change in your family if you disappeared for a month, for better or worse?**

PRACTICE

Three Ways to Move

Pick one. Write how it would look in your actual week, then do that version first.

1. Protect one undistracted block

Pick a recurring block of time, even 20 minutes, where the phone is somewhere else and the person in front of you gets all of you.

My version: _____

2. Say it out loud

Do not assume the people closest to you know your plan, your goals, or your struggles. Say it plainly and often.

My version: _____

3. Let them see the real version

Let someone close to you see the actual struggle behind the progress, not just the highlight reel. That is where trust is built.

My version: _____

This week

The one practice I am starting: _____

When (day and time): _____

Who will know I am doing it: _____

NEXT STEP

Want a plan built for the pattern that keeps restarting you? Take the free 3-minute Reset Assessment. You will get a 7-day plan by email, one small step a day.

digdeepstewardship.com/reset-assessment

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