

5 DAILY CHECKPOINTS

Non-negotiables for men who lead. From the 10XF Playbook.

01

BATTLE PRAYER

Pray through the Battle Prayer — Set the tone for the day by aligning your mind and heart with God.

Pray through what Christ says about you — reject the lies of the world and stand firm in who God says you are.

02

WHAT CHRIST SAYS ABOUT YOU

Pray through what Christ says about you — reject the lies of the world and stand firm in your God-given identity.

In a culture that constantly distorts self-worth, this step grounds you in Biblical truth.

03

MAKE THE MOST OF EACH DAY

Remember: your time is limited — 10XF includes a weekly timeline to remind you that your time to make an impact is now.

Stop waiting. Get moving.

04

WORKOUT PLAN

Set daily goals, track progress, and push yourself.

Stay consistent, adjust as needed, and build strength and endurance over time.

05

PRAYER JOURNAL & REVIEW MONTHLY PRAYER LIST

Review your monthly goals and prayer list. Pray through each request and person on the list.

Write out your daily prayer and listen to the Holy Spirit. Stay consistent, pray intentionally.

DAILY SCORE

Rate your day 1–10. Not for perfection. For awareness. The man who reviews his day masters his life.

MON

TUE

WED

THU

FRI

SAT

SUN