

10XF

PLAYBOOK

WHY 10X FREEDOM?

In a world that constantly pulls men toward mediocrity, 10XF is for those who refuse to settle. It's for leaders, builders, and warriors—men who want to optimize their lives, live with purpose, and create real impact in their faith, family, business, and health.

10XF isn't just about tracking habits. It's about living free—free from distraction, free from compromise, and free to fully step into the life God has called you to. Bigger dreams require more discipline, and this can be your blueprint to build a life of unstoppable momentum and impact.

FOUNDATION OF 10X FREEDOM:

01. LEADERSHIP

Lead your family, business, and community with strength and conviction.

02. AUTHENTICITY

Live and lead with honesty, integrity, and boldness—no masks, no excuses.

03. PURPOSE

Every decision matters. Align your daily actions with the mission god has placed on your life.

04. BIGGER DREAMS

You weren't made for average. Stay focused on building something that lasts.

05. OPTIMIZE YOUR LIFE

Dial in your faith, family, business, and health to create momentum in every area.

06. LIVE FREE

Cut out distractions, break free from what's holding you back, and build a life that reflects your highest calling.

07. LIVE IN THE LIGHT

True freedom comes when you walk in truth, accountability, and god's grace. Hiding in darkness brings bondage, but when you step into the light, you find healing, fellowship, And strength.

BUILT ON BIBLICAL TRUTH:

JAMES 5:16 – Confess your sins to one another and pray for each other so you may be healed.

MATTHEW 6:33 – Seek the kingdom of god above all else, and he will give you everything you need.

1 JOHN 1:7 – If we are living in the light, as god is in the light, then we have fellowship with Each other, and the blood of jesus, his son, cleanses us from all sin.

10XF is about more than success—it's about significance. Every day is a new opportunity to push forward, stay in the fight, and grow your impact. It's time to step up, embrace Your identity in christ, lead boldly, and live the life you were created for.

USING 10XF.

10XF is more than a journal—it's a framework for building a life of discipline, impact, and purpose. Every day, every week, every month is an opportunity to get stronger in your faith, family, work, fitness, and leadership. 10XF keeps you focused on what matters most and ensures you take consistent action toward your calling - one day at a time.

01 START EACH DAY WITH PRAYER

- Pray through the daily 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 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.

03 PLAN WITH THE “BIG ROCKS” CALENDAR

- Lock in your big rocks – schedule first what matters most faith, family, business, fitness, and personal growth.

04 TRACK YOUR MONTHLY PROGRESS

- Set monthly workout goals – take control of your body. Plan your training, track your progress, and push yourself every month.
- Set monthly prayer & growth goals – stay intentional about your spiritual life. Write out key prayer focus areas and think about where you need to grow and be healed.

05 EXECUTE DAILY

- Pray, plan, take action – each day, you'll pray, review your plan, and take intentional steps Toward your biggest goals.
- Stay disciplined – success isn't about feelings—it's about consistency. Show up. Do the work. Repeat.

10XF is designed to keep you in the fight and help you build a life of discipline, freedom, and impact.

10x your life.

DAILY CHECKPOINTS.

CHECKPOINT #1 BATTLE PRAYER	CHECKPOINT #2 WHAT CHRIST SAYS ABOUT YOU	CHECKPOINT #3 MAKE THE MOST OF EACH DAY	CHECKPOINT #4 WORKOUT PLAN	CHECKPOINT #5 PRAYER JOURNAL & REVIEW MONTHLY PRAYER LIST
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 your identity in Christ.	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.	Set daily goals, track progress, and push yourself. Stay consistent, adjust as needed, and build strength and endurance over time.	Review your monthly goals and prayer list. Pray through each request and person on the list. Write our your daily prayer and listen to the Holy Spirit. Stay consistent, pray intentionally.

10XF is designed to help you stay aligned with God daily, reinforcing discipline, spiritual growth, and intentionality in your walk with Christ. Each morning begins with praying through the daily prayer, setting the tone for the day by aligning your mind and heart with God. This practice centers your thoughts on gratitude, surrender, and seeking wisdom, allowing you to focus on His purpose and presence in your life.

Next, 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, reminding you of who you are in Christ. Meditate on scripture that affirms your identity, helping you build confidence in God’s truth rather than opinion of the world.

To reinforce the urgency of living with purpose, 10XF includes a weekly timeline, reminding you that your time is limited. Stop waiting and start moving—your opportunity to make an impact is Now. This section challenges you to live intentionally, making the most of every moment rather than delaying action on what God has placed in your heart.

A crucial part of this journey is writing daily to align your heart with God. Journaling allows you to process prayers, insights, and reflections, helping you document His faithfulness and recognize spiritual growth over time. This habit strengthens your relationship with God by providing space for reflection, gratitude, and intentional prayer.

Consistency is key. 10XF encourages you to pray intentionally, stay disciplined, and deepen your faith daily. As you commit to this practice and system, you’ll develop spiritual endurance, see how God is moving in your life, and become more deeply rooted in his word. This journal is not just about writing or going through the motions—it’s about transformation, action, making an impact for the Kingdom.

MONTHLY CHECKPOINTS.

CHECKPOINT #1

MONTHLY PRAYER AND GROWTH GOALS

Set monthly prayer & growth goals – stay intentional about your spiritual life. Write out prayers and outline areas where you choose to grow.

CHECKPOINT #2

“BIG ROCKS” CALENDAR

Lock in your big rocks – schedule what matters most faith, family, business, fitness, and personal growth.

CHECKPOINT #3

MONTHLY SELF-REVIEW

Review your progress in prayer, family, business, and fitness. Walk through areas where you crushed it and reflect on areas that need more work next month.

Own Your Month: Faith, Family, Leadership & Growth

Each month is a fresh opportunity to lead with faith, discipline, and purpose. By setting intentional goals in key areas of life—faith, family, leadership, health, business, and finances—you create momentum that fuels long-term success.

Start with Your Spiritual Foundation

- Choose a verse to anchor your mindset.
- Reflect on an inspiring quote that aligns with your mission.
- Set a monthly prayer focus, aligning your heart and mind with God’s purpose for you.
- Define your faith goals—whether deepening prayer, scripture study, or strengthening your spiritual leadership.

Lead Your Family & Relationships with Purpose

- Outline your monthly family goals—whether it’s spending intentional time, leading with love, or strengthening your home.
- Identify key people you want to invest in—mentorship, friendships, or those you feel called to serve.

Step Up in Leadership & Business

- Set leadership goals—where do you need to grow as a leader in your home, work, or community?
- Define business objectives—what are the critical wins that will push you closer to your vision?

Master Your Physical & Financial Health

- Establish monthly health goals—whether strength, endurance, or recovery.
- Align your money, investing, and giving goals to ensure your finances reflect wisdom and generosity.

Identify Battles

- What personal, spiritual, or mental battles do you need to face head-on this month?
- Who should you pray for? What battles are others facing that need prayer?

Review & Adjust for Maximum Impact

At the end of the month, assess your progress across all areas. What did you accomplish? What needs refinement? Momentum is built by learning, adjusting, and executing with even greater intensity.

This is your time to step up, stay disciplined, and lead with strength—no wasted days.

10XF

