

# THE TRU ART OF LIVING

## Worksheets — Fillable Edition

*by Scott Neal*

Made for your phone — no printer needed.

Tap any outlined box to type in it.

Tap a square to check it.

Works in the free Adobe Acrobat app, Apple Books,  
and most PDF apps. When you finish a worksheet,  
save a copy to keep your answers.

All thirteen worksheets are here — one per chapter.

*Free companion to The TRU Art of Living.*

# THE CONTROL CIRCLE

*Worksheet — draw your circle.*

Inside: what you control. Outside: what you can't — cross it out.

**WHAT I CAN'T CONTROL**

*cross it out*

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**WHAT I CAN CONTROL**

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**WHAT I CAN'T CONTROL**

*cross it out*

---

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***Everything outside the circle gets axed.***

THE TRU ART OF LIVING • CHAPTER 1 — WORKSHEET

# THE STILLNESS SWITCH

*Worksheet — run the reset.*

Do this the instant the heat hits — before you speak, before you decide.

## 1. CATCH IT

*Quick body scan — your body tells the truth before your mouth does.*

☐

Shoulders down — drop them

☐

Jaw unclenched

## 2. RUN THE BREATH

*Inhale through the nose. Hold. Exhale slowly through the mouth.*

INHALE 4

HOLD 7

EXHALE 8

Rounds completed:

☐

1

☐

2

☐

3

## 3. RESPOND — DON'T REACT

From loose, I will:

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***Nineteen seconds changes the whole fight.***

THE TRU ART OF LIVING • CHAPTER 2 — WORKSHEET

# THE UNSHAKEABLE MORNING GUARD

*Worksheet — build your stance.*

Write your version of each step below. Same order, same time, every day.

1

WATER

My water rule:

2

MOVE

My movement:

3

ALIGN

My three priorities:

1.

2.

3.

My stance time: \_\_\_\_\_ *(e.g., 5:30 AM, 30 minutes)*

## THE 30-DAY STANCE

*Mark an X every morning you plant it. Miss a day? Plant it the next morning.*

1-15

16-30

My commitment:

*You don't skip your stance because the day is busy.*

THE TRU ART OF LIVING • CHAPTER 3 — WORKSHEET

# THE PIVOT PROTOCOL

*Worksheet — the plan is dead. The fighter isn't.*

Run this the next time a plan dies. Ten minutes, then move.

1

## FEEL IT — FIVE MINUTES

What died? \_\_\_\_\_

☐ Timer set. Funeral over.

2

## ASK OUT LOUD

*“Where is the opening NOW?”*

What I see: \_\_\_\_\_

3

## THREE ANGLES

Not perfect plans — just directions that are actually open.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4

## MOVE TODAY

One email, one call, one application. My first move:

\_\_\_\_\_

*Motion beats mourning. Behind every misfortune, there's opportunity. FIND IT.*

THE TRU ART OF LIVING • CHAPTER 4 — WORKSHEET

# THE IGNITION PROTOCOL

*My Sprint Window worksheet*

1

## NAME THE STEEL

My single highest-impact task:

\_\_\_\_\_

2

## BUILD THE FORGE

My daily 90-minute window:

\_\_\_\_\_

Start date:

\_\_\_\_\_

3

## SEAL THE DOORS

What I will eliminate during my window:

\_\_\_\_\_

4

## STRIKE

My minute-one attack plan:

\_\_\_\_\_

## 30-DAY STREAK TRACKER

Mark each completed day. Defend the chain.

The TRU Art of Living • Chapter 5: Fire Strategy — Worksheet

# THE BORING TRACKER

*Worksheet — roots grow in the dark.*

Write your 3–5 boring daily actions below. Check the box each day you do it.

|       | M                        | T                        | W                        | T                        | F                        | S                        | S                        |
|-------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

*Missed boxes are fine. Blank weeks are not.*

## THE RULE

Don't judge the tracker. Just fill it. The checks are your job.

## REVIEW IN SEASONS, NOT DAYS

DAY 30

DAY 60

DAY 90

*Write your three review dates on the calendar now. No peeking in between.*

THE TRU ART OF LIVING • CHAPTER 6 — WORKSHEET

# THE SELECTIVE NO AUDIT

*My weekly cut worksheet*

List every recurring obligation:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Mark each: MISSION or NOISE

## THIS WEEK'S CUT

The NOISE item I'm cutting:

\_\_\_\_\_

## HOURS RECLAIMED

Hours freed this week: \_\_\_\_\_ Running total: \_\_\_\_\_

## SHARP BEATS BUSY

One cut a week. The blade stays sharp because you keep using it.

The TRU Art of Living · Chapter 7: Metal Strategy — Worksheet

# THE MICRO-PROBE PROTOCOL

*Worksheet — jab while you're thinking.*

## MY POWER SHOTS — ON HOLD

*The big decisions you're not ready to throw yet. Name them, then park them.*

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## MY STATIC JAB — ONE TINY SAFE ACTION

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## MY DOUBLE JABS + FEINTS — SMALL TESTS

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## WHAT THE REACTIONS SHOWED ME

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### STUCK RIGHT NOW?

15-minute movement drill: timer on, most basic task, done perfectly.

**Movement brings clarity.**

THE TRU ART OF LIVING • CHAPTER 8 — WORKSHEET

# THE PATTERN INTERRUPT

*Worksheet — break your rhythm before it breaks you.*

## MY LOOP

*Describe it exactly: same chair □ same screen □ same scroll □ same “about to start”*

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## MY INTERRUPT PLAN

1. I catch it by saying: \_\_\_\_\_

2. My new room: \_\_\_\_\_

3. My new tool (pen / paper / voice): \_\_\_\_\_

*Phone stays behind. Fifteen minutes, then go back — the loop won’t recognize you.*

### MY LOOP LOG — ONE WEEK

*Tally every caught loop. No judgment, just data.*

MON

TUE

WED

THU

FRI

SAT

SUN

## MY TOP TWO LOOPS (END OF WEEK)

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THE TRU ART OF LIVING • CHAPTER 9 — WORKSHEET

# THE PRE-MORTEM MAP

*See it before it lands.*

MISSION: \_\_\_\_\_

1

WHAT IF \_\_\_\_\_

THEN I \_\_\_\_\_

Tripwire: \_\_\_\_\_

2

WHAT IF \_\_\_\_\_

THEN I \_\_\_\_\_

Tripwire: \_\_\_\_\_

3

WHAT IF \_\_\_\_\_

THEN I \_\_\_\_\_

Tripwire: \_\_\_\_\_

## THE RULE

If the counter isn't specific enough to run half-asleep, it isn't a counter.

**The counter is decided before the attack.**

THE TRU ART OF LIVING • CHAPTER 10 — DRAFT

# THE LANGUAGE FLIP

*Worksheet — catch it. Flip it. Own it.*

Say the flip out loud all week. Tally every catch below — every catch is a rep.

**“This happened to me.” → “I allowed this.”**

**“They made me mad.” → “I chose to react this way.”**

**“I didn’t have time.” → “I prioritized something else.”**

**“It’s not my fault.” → “It’s my responsibility now.”**

## MY 7-DAY FLIP TALLY

MON

TUE

WED

THU

FRI

SAT

SUN

## MY OWN FLIP

*Your personal victim sentence — and its flip:*

→

## NIGHTLY OWNERSHIP AUDIT

*What did I blame today? Flip it. Fix it.*

THE TRU ART OF LIVING • CHAPTER 11 — WORKSHEET

# THE COMFORT EXPANSION DRILL

*Worksheet — one more step past the scream.*

MY WATER — ONE CONTROLLED DISCOMFORT

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MY EDGE — THE EXACT DOSE (A NUMBER)

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*Not “push yourself” — thirty seconds, five minutes, one rep past comfortable.*

| MY STAMINA LADDER — +10% EACH WEEK |    |    |     |     |     |
|------------------------------------|----|----|-----|-----|-----|
| W1                                 | W2 | W3 | W4  | W5  | W6  |
| W7                                 | W8 | W9 | W10 | W11 | W12 |

*Write the dose in each box.*

WHEN THE QUIT VOICE SCREAMED, I

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*Observed it, didn't obey it — then took one more step.*

**You don't find stamina in the deep water. You bring it.**

THE TRU ART OF LIVING • CHAPTER 12 — WORKSHEET

# THE PROBLEM-SOLVER PROTOCOL

*Worksheet — solve it.*

## 1. NAME IT IN ONE SENTENCE

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## 2. DRAW THE CIRCLE

UNFAMILIAR /  
UNTESTED

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UNFAMILIAR /  
UNTESTED

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## 3. ASK THE QUESTIONS

1. 

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2. 

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3. 

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4. 

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**No Excuses. Just Results.**

THE TRU ART OF LIVING • CHAPTER 13 — WORKSHEET