

The 4-Pillar Audit

One page. Four legs of the chair. Score yourself honestly — then take the one next step under whichever leg is shortest.

Pillar	The honest question	Score 1–10
01 · FAITH	Am I leading prayer in my home this week — out loud, not just in my head?	
02 · FAMILY	When was the last unhurried conversation with my wife? With each child by name?	
03 · WORK	Is my work building something I'd be proud to hand my son — or just paying for the lifestyle?	
04 · SELF	Sleep, body, mind, soul. Which one am I outsourcing to a screen, a bottle, or 'later'?	

The one next step

Take your **lowest-scoring pillar**. Write one action you can take in the next 24 hours — small enough you can't fail, concrete enough you can prove you did it.

Lowest pillar:

Next 24h:

By when:

Three lines worth taping to your desk

- A man who wins at work and loses at home has not won.
- You cannot outsource what you were built to carry.
- Start the smallest possible thing — today, not Monday.