

AAA COACHING

The Starter Rebuild

An honest first look at the life you are actually living

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This workbook is fillable. Type directly into any shaded box or line.

Save a copy when you are done. Or print it and write by hand, whichever you will actually finish.

Before you start

Most people do not come to this work in crisis. They come because something quieter is going on.

From the outside, things look fine. Maybe better than fine. The work is good. The people around you are good. On paper there is nothing to complain about, and that is part of what makes it so hard to talk about.

But somewhere in the last few years you stopped choosing. You got good at the version of yourself that works, and you kept running it, because it works. Now you are not entirely sure how much of your life you picked on purpose and how much of it just accumulated.

That is drift. It is not failure. It is what happens when you are capable enough to keep everything running on autopilot for a long time without anyone noticing, including you.

Then there is the gap. The distance between what you already know about yourself and how you actually live day to day. You have read the books. You know what you should be doing. The gap is not a knowledge problem, and that is exactly why it is so frustrating.

This workbook will not close the gap. It is far too short for that, and anyone telling you a PDF will change your life is selling you something. What it will do is show you where the gap actually is, in your own words.

That is worth more than it sounds. Most people have never once written it down plainly.

How this works

Three parts. Roughly 45 to 60 minutes if you do not rush it.

Do it in one sitting if you can, somewhere you will not be interrupted, and not on your phone.

Write badly. Write fast. Do not edit yourself into something more presentable. The whole value here is in what comes out before you have had time to make it sound good.

One rule for the whole thing:

If an answer would embarrass you to have someone else read, you are probably close to something true. Write it anyway. Nobody sees this but you, unless you decide otherwise.

Coaching is not therapy. This workbook asks direct questions and something heavier than you expected may come up. If it does, that is worth taking to a licensed professional, and I am glad to help you find one.

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Release

What you inherited, and what you would actually choose

Nobody builds their beliefs from scratch. You absorbed most of yours before you were old enough to evaluate them. From parents, coaches, first bosses, whatever the people around you treated as obvious.

Some of it is worth keeping. Some of it has been quietly running your decisions for twenty years and has never once been put under a light.

The point of this section is not to blame anyone. It is to separate what was handed to you from what you would choose now, as an adult, knowing everything you know.

Section 1: What you were handed

Finish each of these quickly, without thinking too hard. First thing that comes.

Growing up, success meant

In my family, the thing you never did was

I learned early that if I did this, then I would be

The kind of person I was supposed to become was

When I fail at something, my first instinct is to

Now read back what you wrote. Which one is still driving the most decisions in your life today?

Section 2: Inherited or chosen

Answer these about the one you just named.

Where did this actually come from? Whose voice is it in?

What has it cost you? Be specific. Name an actual decision, a relationship, or a year of your life.

If you were meeting this belief for the first time today, as an adult, would you choose it?

If not, what would you choose instead? Write it as a plain statement, not a slogan.

PART TWO

Examine

Where you actually are

You cannot design anything useful from a story about your life. You can only work with the real thing. This part is short and it is uncomfortable, which is how you know it is doing something.

Section 3: The honest scan

Five areas. Rate where you actually are right now, one to ten. Not where you were last year. Not where you are planning to be.

Then write one sentence underneath. Not an explanation, not a plan. Just the truest sentence you can write about that area today.

Health and body / 10

Work and contribution / 10

Relationships, all of them / 10

Inner life, how you feel when nobody is watching / 10

Direction, whether you know where this is going / 10

Which number surprised you? Which one did you want to inflate while you were writing it?

Section 4: The gap

This is the section people skip. Do not skip it.

Name something you already know about yourself that you are not currently acting on.

How long have you known it?

What have you been telling yourself about why you have not acted on it?

And what is the real reason?

Build

The first honest lines of something new

You have the raw material now. This part is about starting to shape it. Not a finished plan. Just the first real decisions.

Section 5: What actually matters to you

Check everything that pulls at you, then narrow it down to five.

- | | | | |
|---------------------------------------|--|---|--|
| ☐ Integrity | ☐ Growth | ☐ Freedom | ☐ Creativity |
| ☐ Health | ☐ Compassion | ☐ Family | ☐ Adventure |
| ☐ Learning | ☐ Honesty | ☐ Responsibility | ☐ Loyalty |
| ☐ Respect | ☐ Courage | ☐ Gratitude | ☐ Balance |
| ☐ Kindness | ☐ Determination | ☐ Empathy | ☐ Trust |
| ☐ Authenticity | ☐ Generosity | ☐ Perseverance | ☐ Leadership |
| ☐ Ambition | ☐ Humor | ☐ Optimism | ☐ Stability |
| ☐ Patience | ☐ Love | ☐ Discipline | ☐ Service |
| ☐ Resilience | ☐ Fairness | ☐ Simplicity | ☐ Mindfulness |
| ☐ Wisdom | ☐ Security | ☐ Autonomy | ☐ Presence |
| ☐ Curiosity | ☐ Peace | ☐ Contribution | ☐ Craftsmanship |

Your five:

1.

2.

3.

4.

5.

Now the harder part. For each of your five, write a sentence naming where it shows up in how you actually live. Not how you think about it. How you live.

If you cannot point to real evidence in the last month, it is an aspiration, not a value. Mark it with an A and move on.

Noticing which ones got an A is the useful part. That is not a failure. That is the gap showing up again, in a different room.

1.	
2.	
3.	
4.	
5.	

Section 6: What you actually want

Not fifty things. Twelve. Three in each area, specific enough that you would know for certain whether you got it.

Skip anything you would only want because of how it would look to other people.

Work and money

1.	
2.	
3.	

Health and body

1.

2.

3.

Relationships

1.

2.

3.

Who you are and how you spend your time

1.

2.

3.

Now go back and put a star at the end of the three you would trade the other nine for.

Section 7: One ordinary Tuesday

Skip the fantasy version. Anyone can imagine a beach, and imagining a beach has never changed anyone.

Describe one completely ordinary Tuesday, two years from now, in a life you built on purpose. A regular workday. Nothing special happening.

What time do you wake up, and what is the first thing you feel? What do you do in the first hour? What does your work look like that day? Who do you talk to, and how do those conversations go? What does the evening look like, and who is there? What are you thinking about right before you fall asleep?

Write it as a paragraph, present tense, like it is happening right now.

Now compare it to last Tuesday. What is actually different? And what part of it is genuinely within reach in two years?

Section 8: Your identity statement

Not a vision statement. A vision statement is about what you will have. This is about who you are.

Identity comes before behavior. Habits do not hold when they are bolted onto someone who does not believe they are that kind of person. That is the reason most of what you have tried did not stick. It changed what you did without ever touching who you were.

Write two or three sentences in present tense. I am, not I will be. Ground it in the values you named and the belief you chose over the one you inherited.

An example, so you can see the shape of it:

I am someone who decides on purpose instead of reacting on schedule. I lead the people around me by being steady, not by being right. I have stopped measuring myself by how much I can absorb without complaining, and started measuring by whether the life I am living is one I would choose again.

Your statement:

Read it out loud before you move on.

If it makes you slightly uncomfortable, it is probably accurate. If it sounds like something you would post on LinkedIn, write it again.

What you just did

You separated what you inherited from what you would choose. You put real numbers on five areas of your life instead of a general impression. You named a gap you have been walking around for a while. And you wrote a first version of who you are actually trying to be.

That is more honest work than most people do in a year, and you did it in an hour.

What is still open

Clarity is not the same as change. You know where the gap is now. Closing it is a different job, and it is the part that does not tend to happen alone. That is not a character flaw. It is just how this works.

If you have tried before and it did not hold, that was not a lack of discipline. You have plenty of that, and it is probably what got you here. It is that nobody was there when it got hard, and the identity underneath never actually moved.

Three things worth watching over the next few weeks:

Which answer you keep coming back to when you are not trying to.

Where you softened something while you were writing it.

What your identity statement asks of you that you are not currently doing.

Where to go from here

Start with a conversation. Twenty minutes. Tell me what came up while you were writing and we will work out whether this is a fit and what size makes sense.

[Book a conversation](#)

Or go to aaa-coaching.com and use the booking link there.

If you want to see the shape of the work first:

A single session. One hour on one specific thing. \$200

The full rebuild. The complete REBUILD program. Six months, twelve sessions, the workbook, your own blueprint, and support between sessions when it gets hard. \$5,000

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