

# Companion Worksheets For

# ONE SINGLE PUSHUP

Lift Up Your Mind,  
Body, & Soul



**BRADLEY C. BERTONIERE**

## Your "Who Am I" Exercise

### Category: Mind

1. Focused Mindset- \_\_ /10

Why that score?

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2. Emotional Health- \_\_ /10

Why that score?

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3. Intellectually Challenged-\_\_ /10

Why that score?

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4. Creatively Expressed-\_\_ /10

Why that score?

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**Category: Body**

1. Potential Energy/Diet- \_\_ /10

Why that score?

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2. Kinetic Energy/Exercise/Movement - \_\_ /10

Why that score?

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3. Sleep/Rest-\_\_ /10

Why that score?

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**Category: Soul**

1. Spirituality/Mindfulness- \_\_\_ /10

Why that score?

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2. Human Connection/Love - \_\_\_ /10

Why that score?

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3. Soul Integrity- \_\_\_ /10

Why that score?

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## **Category: Putting It All Together**

1. Financial Well Being- \_\_ /10

Why that score?

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2. Professional Development-\_\_ /10

Why that score?

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3. Sense of Adventure- \_\_ /10

Why that score?

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4. Character-\_\_ /10

Why that score?

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5. Legacy-\_\_ /10

Why that score?

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## Ideal Life

### (Cont.) Exercise 2

Soul:

1. Spirituality/Mindfulness
2. Human Connection/Love
3. Soul Integrity

Putting Them All Together:

1. Financial Well-Being
2. Professional Development
3. Sense of Adventure
4. Character
5. Legacy

Subcategory 1: \_\_\_\_\_

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Subcategory 2: \_\_\_\_\_

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Subcategory 3: \_\_\_\_\_

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**Great Job!**



## Mind Self-Assessment

Let's spend a little time measuring how you are doing in the categories that make up your mindset. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve your mind.

### **Mind Self-Assessment:**

**Focused Mindset:** Your ability to focus on controlling your choices and actions. Do you spend more time on autopilot when it comes to consuming, or are you making choices on purpose and within the confines of the habits you are striving to develop or remove?

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Why?

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What action will you take to improve this? (Track habits, Read *Atomic Habits*, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Emotional Health:**

Your ability to take a deep breath and not instantly lash out with raw emotions when something happens that you don't like (I.e., emotional intelligence). Do you feel a balance of all emotions humans feel (happiness, sadness, anger, etc.)? Do you talk to others about what's going on in your mind and your feelings, or do you keep it bottled up inside? Is there Trauma that's still holding you back?

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Why?

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What action will you take to improve this? (Take deep breaths before speaking, reduce social media usage, seek psychological help from a professional, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Intellectually Challenged:**

Do you have a learning mindset? Are you curious? Are you bored at work? Are you learning something new? Are you currently earning but not learning at your current job? Do you have a hobby? Are you friends with people that don't share the same religion or politics as yourself on social media, or have you crafted a safe bubble with those that agree with you?

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Why?

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What action will you take to improve this? (Gratitude journal, meditation, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Creatively Expressed:**

Do you create? Do you paint, draw, write, record, garden, sew, play music, etc.? Do you express your ideas in meetings?

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What action will you take to improve this? (Read a book about woodworking, take a painting class, take music lessons, start a journal, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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## Body Self-Assessment

Let's spend a little time measuring how you are doing in the three pillars of taking care of your body. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve your body.

### **Body Self-Assessment:**

#### **Potential Energy/Diet-**

Are you tracking your calories? Are you eating enough protein, carbs, and fats? Are you taking care of your gut bacteria? Are you hydrated enough. Are you preparing your own meals more frequently, or do you have an annual pass for Door Dash?

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Why?

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What action will you take to improve this? (Track calories, cook your own meal, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Kinetic Energy/Exercise/Movement:**

Are you exercising regularly? Are you tracking your daily steps? If so, are you achieving more than 5,000 steps per day? 10,000? 15,000? Are you practicing progressive overload? Are you comparing yourself to who you were yesterday and doing more than that person?

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Why?

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What action will you take to improve this? (Buy Apple Watch, go for a walk today, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Rest/Sleep-**

Are you getting 8 hours of sleep each night? Do you have consistent sleep times? Are you in sync with circadian rhythms? Are you waking up feeling well-rested and refreshed? Are your muscles sore several days after working out?

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What action will you take to improve this? (Track sleep, start going to bed at the same time daily, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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## Soul Self-Assessment

Let's spend a little time evaluating the well-being of your soul. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve or free your soul.

### **Soul Self-Assessment:**

#### **Spirituality/Mindfulness:**

Do you feel connected to a higher power? Are you present in the moment or always stressing about the future? Do you feel the energy that connects all living things together? Are you able to mentally remove yourself from the chaos around you and see clarity and direction? Do you pray or meditate?

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Why?

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What action will you take to improve this? (Go to church, pray, meditate, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)



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**Human Connection/Love:**

Are you in a long term, committed relationship with another human? Short term? Contractual? Do you feel the love expressed by others towards you? Do you openly express your love to others? Do you spend time with those that you love without being distracted by devices or worrying about the future?

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Why?

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What action will you take to improve this? (Call your mom, take a coworker to lunch, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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**Soul Integrity:**

Are you pretending to be someone you are not? Do you go against what you stand for in exchange for something else? Do you listen to your gut?

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Why?

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What action will you take to improve this? (Stop pretending to be someone you're not, listen for signs from your gut, etc.)

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How will you track your progress? (Download app, notes app, excel, etc.)

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