

AOD FIELD GUIDE



LEADERSHIP BASICS

A FIELD GUIDE FOR CHRIST-CENTERED LEADERSHIP

OUTLINE

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Move from information to formation - one practiced standard at a time.



INTRODUCTION

THE STARTING LINE

Leadership begins when the honest version of your life finally confronts the version you keep talking about.

MY STORY

I believed in Christ and knew where I wanted to go, but my daily life told a different story. When my marriage, career, health, and finances came undone, the drift was impossible to ignore. I realized desire was not enough. Something had to change. That was my starting line.

IN PRACTICE

My habits were moving in the opposite direction of my stated goals. Prayer was inconsistent. Workouts started strong on Monday and disappeared by Thursday. I talked about purpose, then lost evenings to my phone. I wanted to lead, but kept avoiding responsibility in small, quiet ways. Nothing dramatic - just slow drift.

THE QUESTION

If nothing changes, where will I be in five years?

THE FIRST LEADERSHIP PRINCIPLE

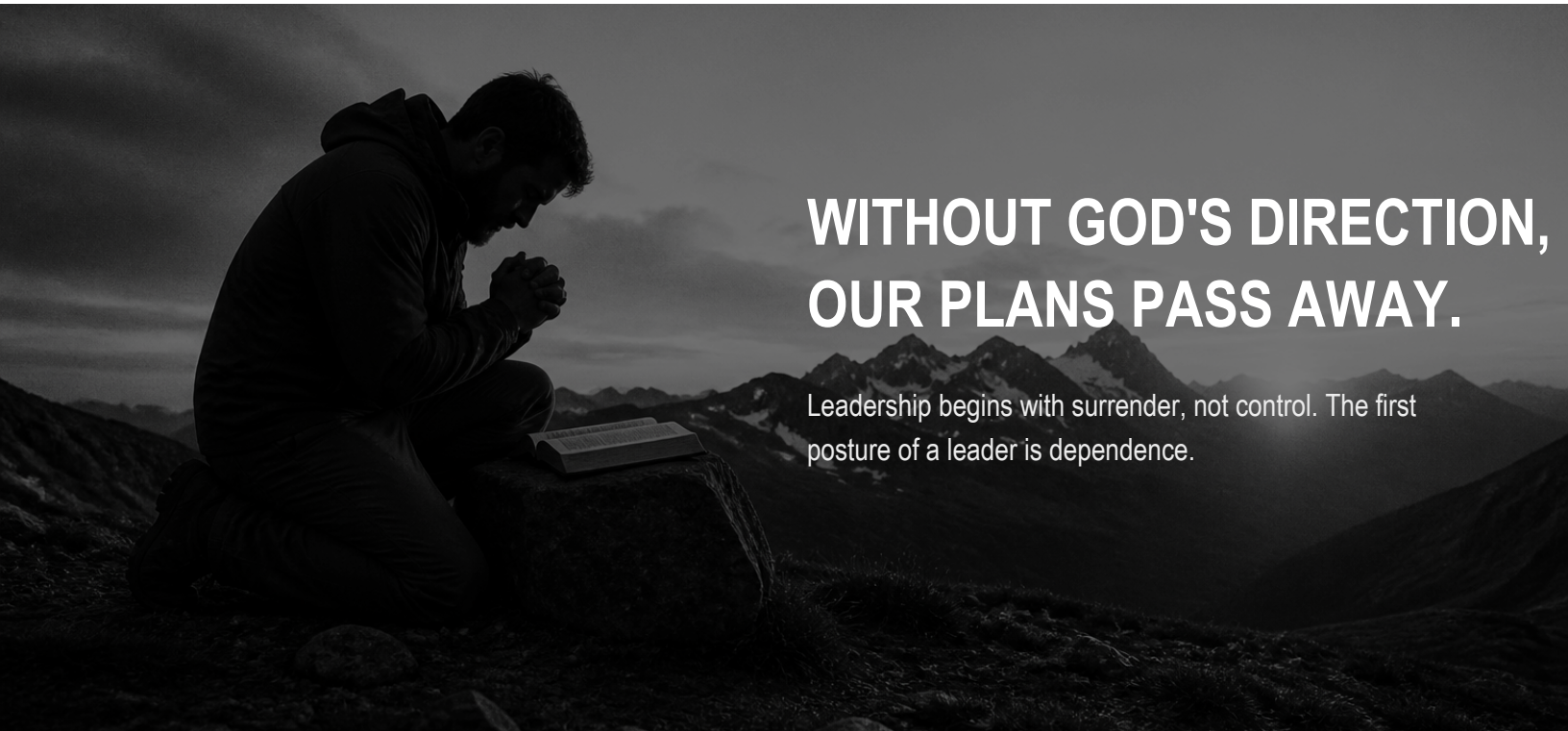
POTENTIAL MEANS NOTHING WITHOUT FORMATION.

Faith requires obedience. Good intentions require standards and follow-through.

This field guide begins the work. The deeper story and formation framework continue in Adapt or Die.

ROOTED IN CHRIST

Identity before mission. The Holy Spirit before self-reliance.



WITHOUT GOD'S DIRECTION,
OUR PLANS PASS AWAY.

Leadership begins with surrender, not control. The first posture of a leader is dependence.

01

WORD

Let Scripture shape what you call true, good, and worth pursuing.

02

PRAYER

Bring plans, pressure, and people before God before you act.

03

OBEDIENCE

Do the next clear thing God has already placed in front of you.

FIELD PRACTICE

START TOMORROW BEFORE THE PHONE.

Read. Pray. Write down one act of obedience you will carry out today.

BEFORE YOU LEAD THEM

Private standards become public leadership.

DRIFT FEELS HARMLESS UNTIL YOU LOOK BACK.

The gap rarely begins with one dramatic failure. It grows through small responsibilities avoided in quiet ways.



DRIFT BEGINS WHEN DIRECTION LEAVES TRUE NORTH

01

SPIRITUAL

Prayer, Scripture, church, obedience

02

PHYSICAL

Sleep, training, food, recovery

03

MENTAL

Attention, learning, truthful self-review

04

DIRECTIONAL

Calendar, priorities, next action

OWN THE FAILURE. RESET THE STANDARD. TAKE THE NEXT STEP.

PRESSURE REVEALS WHAT PRACTICE BUILT.

01

INTEGRITY

Tell the truth when concealment would be easier.

02

COURAGE

Take responsibility even when you do not feel ready.

03

CONVICTION

Let fixed principles govern changing conditions.

THE 10-SECOND RESET

Breathe. Name what is true. Identify the responsibility. Take the next right action.

PRESSURE QUESTION

WHAT DOES RESPONSIBILITY REQUIRE OF ME NOW?

BROTHERHOOD IS A DISCIPLINE

Isolation protects comfort. Brotherhood exposes and strengthens character.

NO MAN FORGES HIMSELF.

Shared hardship reveals where trust is real - and where it is only talk.

01

SHOW UP

Be present before you feel useful.

02

SPEAK TRUTH

Correct without contempt. Receive correction without defense.

03

SHARE WEIGHT

Carry a burden. Ask for help. Refuse hidden isolation.

TEAM STANDARD

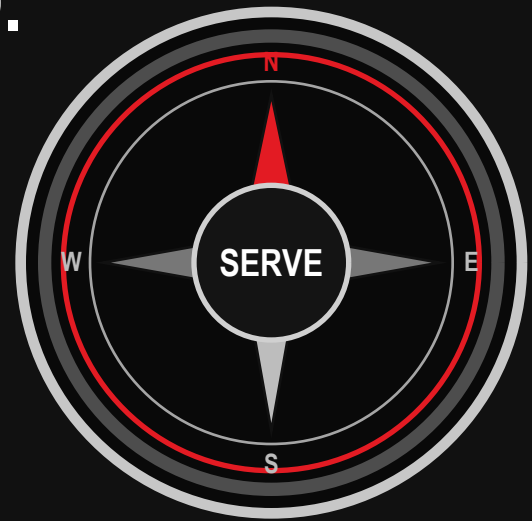
WE DO NOT LET EACH OTHER DRIFT QUIETLY.

TRAIN WITH PURPOSE

A mission turns activity into directed responsibility.

CLARITY BEFORE SPEED.

The grind, the title, the truck, the career - none of them can carry the weight of identity. Mission flows from who you are in Christ and who you are responsible to serve.



01 IDENTITY

Who has God called me to become?

02 RESPONSIBILITY

Who and what has He placed in my care?

03 PRIORITY

What deserves my best attention now?

04 ACTION

What must be done today?

MISSION IS NOT WHAT YOU SAY MATTERS. IT IS WHAT YOUR CALENDAR PROVES.

THE FIRE DOES NOT DECIDE WHO YOU BECOME. YOUR RESPONSE DOES.

Adversity will expose what comfort allowed you to hide. Do not waste the exposure.

01

EXPOSE

What did pressure reveal?

02

REVIEW

What was mine to own?

03

ADAPT

What standard or system must change?

04

RETURN

What is the next faithful action?

THE FORGE DOES NOT DESTROY STEEL. IT REVEALS WHAT IT CAN BECOME.

THE 7-DAY LEADERSHIP RESET

Seven days. Seven practiced standards. No motivational fog.

DAY 1 TELL THE TRUTH

Name the one area where your life and stated values do not match.

DAY 2 START WITH GOD

Scripture and prayer before your phone.

DAY 3 MOVE YOUR BODY

Complete one demanding training session.

DAY 4 CLOSE A LOOP

Finish one responsibility you have delayed.

DAY 5 SEEK BROTHERHOOD

Call a grounded man. Speak honestly. Listen.

DAY 6 SERVE QUIETLY

Carry weight without seeking credit.

DAY 7 REVIEW + RESET

Keep what worked. Change what failed. Set next week's standard.

RULE: DO NOT ADD MORE. PRACTICE WHAT IS HERE.

MEASURE THE GAP

Rate your current practice - not the leader you intend to become.

IDENTITY

My decisions flow from who I am in Christ, not performance or status.

1 2 3 4 5

DISCIPLINE

My daily habits support the man and leader I claim I want to become.

1 2 3 4 5

COURAGE

I move toward hard conversations and responsibility.

1 2 3 4 5

BROTHERHOOD

I am known, challenged, and supported by grounded men.

1 2 3 4 5

MISSION

My calendar reflects clear priorities and service.

1 2 3 4 5

ADAPTATION

I review failure honestly and change behavior quickly.

1 2 3 4 5

YOUR LOWEST SCORE IS NOT A VERDICT.

IT IS YOUR NEXT TRAINING PRIORITY.

SCORE WHAT YOU CAN PROVE

Use evidence from the last 30 days - not intention, potential, or isolated moments.

1 ABSENT

Little or no evidence. My behavior often contradicts this standard.

2 INCONSISTENT

Some evidence exists, but the behavior depends on mood, ease, or reminders.

3 DEVELOPING

The behavior is visible, but it is not yet dependable across ordinary weeks.

4 RELIABLE

The behavior is consistently practiced and survives most pressure or disruption.

5 PROVEN

The behavior is repeatable under pressure and recognized by people who know me well.

THREE RULES FOR AN HONEST SCORE

USE RECEIPTS

Review your calendar, training log, messages, commitments, and completed actions.

SCORE THE PATTERN

Do not let one unusually good or bad day define the last 30 days.

INVITE A WITNESS

Ask one grounded person who knows you well to confirm or challenge the rating.

GAP = 5 - YOUR VERIFIED SCORE. START WITH THE LOWEST SCORE YOU CAN PROVE.

FORMATION TAKES MORE THAN INFORMATION.

This guide gives you a starting point. Lasting change requires practice, honest review, brotherhood, and accountability.

THE FOUR PILLARS OF AOD COACHING



READY FOR THE NEXT STEP?

Explore the full Adapt or Die formation framework or begin a leadership conversation at adaptordie.us.

THE AOD PATH

THREE LEVELS OF ACCESS

Move upward as readiness, responsibility, and proven practice grow.

LEVEL 03

TEMPERED STEEL

ONE-ON-ONE MENTORSHIP + EXPERIENCE

LEVEL 02

THE FORGE

LIVE COACHING + GUEST SPEAKERS - TOGETHER AS A COHORT

LEVEL 01

IGNITION

GUIDED STUDY MATERIALS + DAILY CHALLENGES WITH COMMUNITY

ONE TRAINING FLOW AT EVERY LEVEL

ASSESS > ALIGN > TRAIN > ADAPT

Your level changes the depth of access - not the process of growth.



ADAPT OR DIE

THE SOLUTION

“LEADERS FORGED THROUGH ADVERSITY”

We help mission-driven men develop the clarity, capability, community, and conviction to lead with purpose—no matter the terrain.



CLARITY

Know who you are and what you're called to do.



CAPABILITY

Operate with discipline under pressure.



COMMUNITY

Surround yourself with men who sharpen you.



CONVICTION

Stand firm when life gets hard.

ROOTED IN CHRIST



BUILT THROUGH BROTHERHOOD



DRIVEN BY MISSION



REFINED BY ADVERSITY

39.8283° N
82.9071° W



THE TRAINING FLOW

FROM HONEST ASSESSMENT TO PRACTICED LEADERSHIP.

01

ASSESS

Face the truth.

Identify the gap between the leader you intend to be and the way you currently live.

02

ALIGN

Set the standard.

Build a focused plan around faith, mission, relationships, and responsibility.

03

TRAIN

Practice under load.

Turn insight into disciplined action, accountability, and repeatable habits.

04

ADAPT

Review and advance.

Study the results, correct the course, and step into the next challenge.

YOU DO NOT NEED MORE INFORMATION. YOU NEED A PROCESS YOU WILL PRACTICE.

BEGIN A LEADERSHIP CONVERSATION AT [ADAPTORDIE.US](https://adaptordie.us)

ADAPT OR DIE / LEADERSHIP BASICS

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