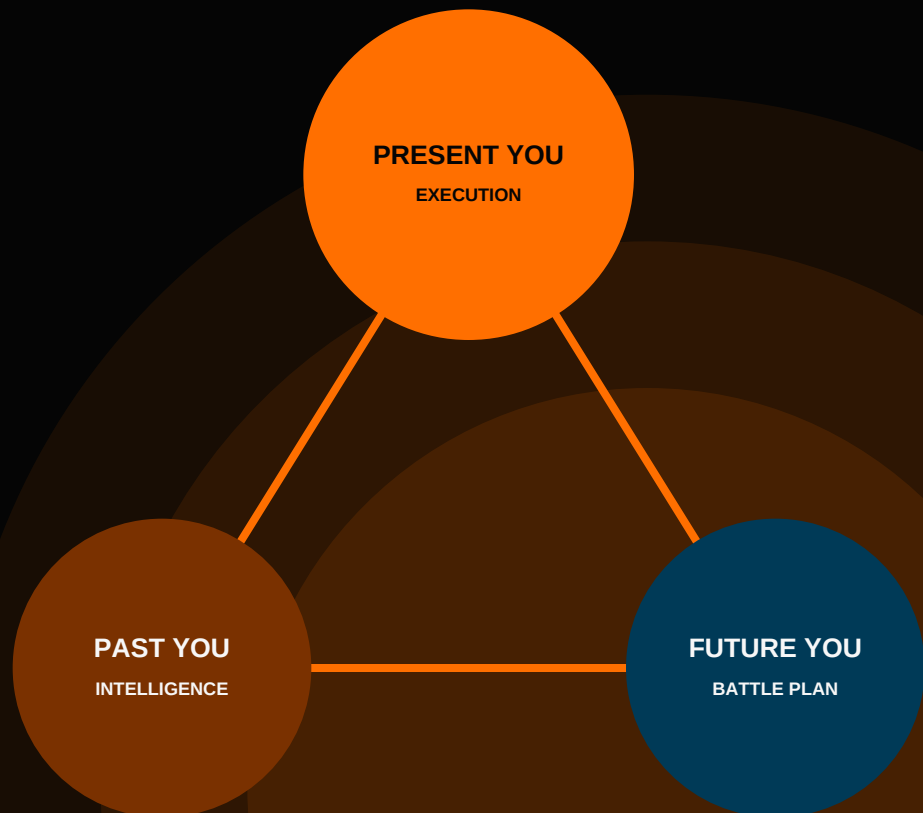


PAST / PRESENT / FUTURE COMMAND WORKSHEET

Put every version of you in the correct role: Past You provides intelligence, Future You holds the battle plan, and Present You executes the mission.



LOCKED COMMAND LINE

Future You holds the battle plan. Present You executes the mission. Past You provides intelligence - not orders.

COMMAND STRUCTURE

Stop letting all three versions speak at once.

Use this worksheet when a decision feels stuck, emotionally loaded, repeatedly reopened, or controlled by an old pattern. Each version of you has a job. Confusion grows when one version tries to do another version's job.

PAST YOU

INTELLIGENCE

Brings lessons, experience, evidence, warnings, and previous outcomes. Past You gets a voice - not the final vote.

PRESENT YOU

EXECUTION

Names today's mission, chooses the next aligned action, and executes TASK 1™. Present You controls the current move.

FUTURE YOU

BATTLE PLAN

Defines the destination, objective, who you are becoming, what victory looks like, and what must be protected.

THE ORDER OF OPERATIONS

- 1 Past You reports the intelligence.
- 2 Future You confirms the direction.
- 3 Present You receives one executable mission.
- 4 TASK 1™ is completed within 24 hours.

RULE

Present You does not need to fight the whole war today.

Present You needs the next aligned mission - and the discipline to execute it.

Name the situation before assigning command.

SITUATION REPORT

What decision, problem, or pressure are you facing?

Which core area is most affected?

☐ Body

☐ Relationships

☐ Purpose

What is currently driving the pressure?

☐ Fear

☐ Doubt

☐ Pressure

☐ Old pattern

Which version of you currently has the wheel?

☐ Past You

☐ Present You

☐ Future You

What happens if nothing changes?

Current command problem:

What role is being confused, ignored, or allowed to overrule the others?

PAST YOU - INTELLIGENCE BRIEF

PAGE 04

Past You reports what happened. Past You does not command what happens next.

ROLE: INTELLIGENCE

What facts or evidence does Past You bring?

What lesson has already been paid for?

What warning deserves to be respected?

What old order no longer belongs in command?

PAST YOU'S FINAL REPORT

The lesson I will carry forward is: _____

FUTURE YOU - BATTLE PLAN

PAGE 05

Future You defines direction, not today's entire workload.

ROLE: BATTLE PLAN

Destination: Where are you trying to go?

Objective: What specific outcome matters most?

Identity: Who are you becoming through this decision?

Protection: What must not be sacrificed to get there?

FUTURE YOU'S COMMAND INTENT

The direction that best serves the person I am becoming is:

Present You translates the battle plan into one executable move.

ROLE: EXECUTION

What must happen next - not eventually?

The mission Present You must execute:

Mission test

- | | |
|--|---|
| ☐ It moves me toward Future You's objective. | ☐ It uses Past You's lesson. |
| ☐ It is under my control. | ☐ It can be completed within 24 hours. |
| ☐ It is specific enough to begin immediately. | ☐ It is not disguised busy work. |

TASK 1™

THE NEXT ALIGNED ACTION:

When will it be completed?

Date / time:

Identify the voice trying to overrule the mission.

VOICE VERSUS VOTE

Not every voice deserves command authority.

THE VOICE

What is it saying?

THE VOTE

How much authority should it receive?

- | | |
|--|---|
| ☐ Full control | ☐ Strong influence |
| ☐ Limited input | ☐ Lesson only |

What is trying to interfere with command?

- | | | | |
|-------------------------------|--------------------------------|-----------------------------------|--|
| ☐ Fear | ☐ Doubt | ☐ Pressure | ☐ Past identity |
|-------------------------------|--------------------------------|-----------------------------------|--|

What does the interfering voice want you to do?

What does alignment require instead?

Command decision: _____

MISSION APPROVED

Bring the three versions into one aligned command.

PAST YOU REPORTS

The lesson or intelligence I am carrying forward:

FUTURE YOU DIRECTS

The objective and direction I am protecting:

PRESENT YOU EXECUTES

The mission I will execute now:

TASK 1™ - FINAL ORDER

Within the next 24 hours, I will:

Completion deadline

Accountability / proof

Present You authorizes this mission: _____ Date: _____