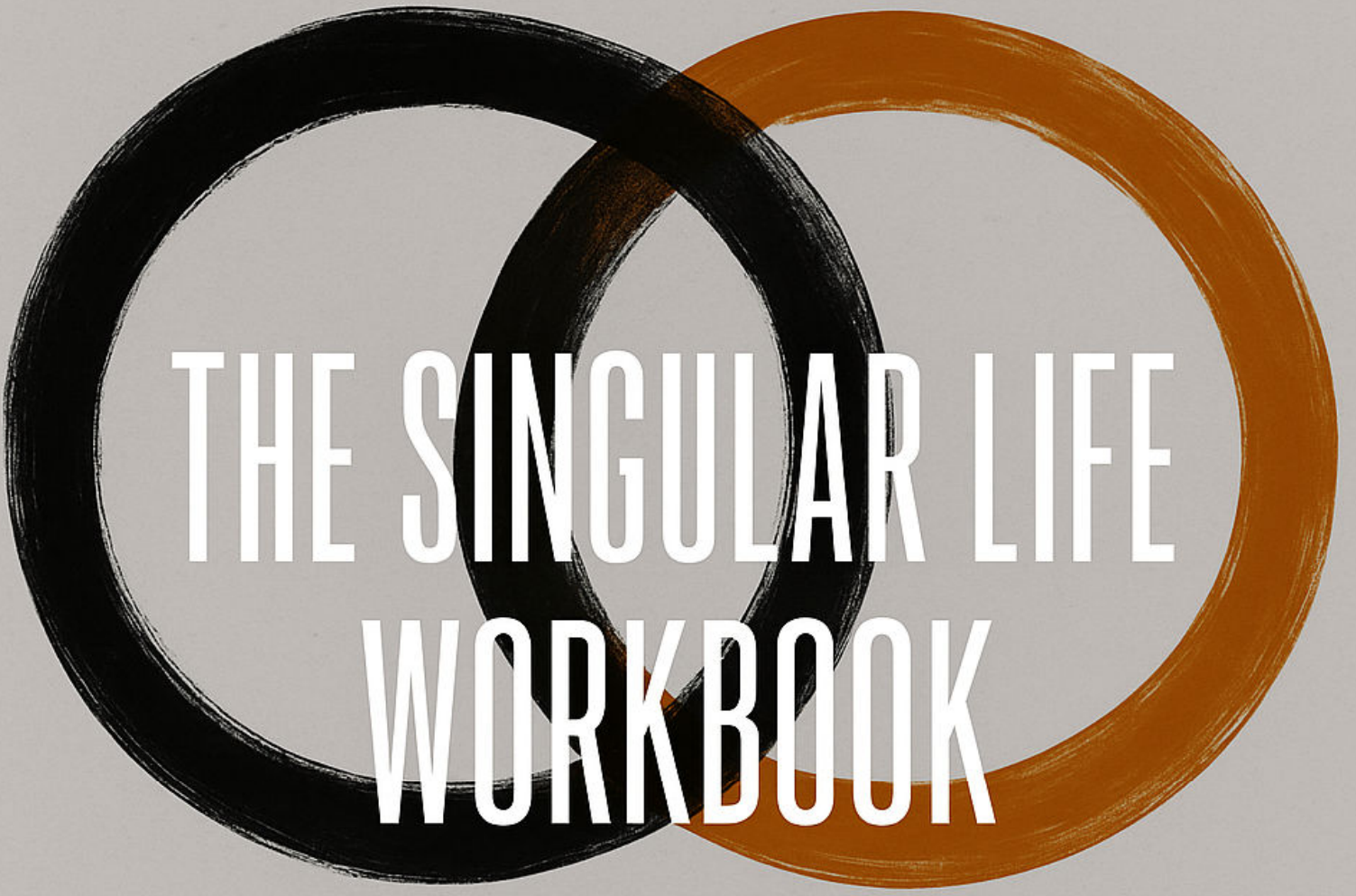




THE SINGULAR LIFE WORKBOOK

WORKBOOK

BRENT A. RAETH

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Workbook Description

The Singular Life Workbook is the practical companion to Brent A. Raeth's book, *The Singular Life: Breaking the Work-Home Divide to Lead with Integrity*. Built to guide readers from reflection into action, this workbook provides structured exercises, thought-provoking prompts, and real-world applications to help you bridge the gap between who you are at work and who you are at home.

Each section is designed to help you:

- Recognize the patterns of division that fragment identity.
- Reclaim a unified sense of purpose across all areas of life.
- Build habits of integrity that strengthen leadership and relationships.
- Develop a personal blueprint for living and leading as one integrated person.

Through journaling space, reflection questions, and action steps, the workbook challenges you to not only read about integration but to practice it daily.

Identify Your Split Life Moments

Purpose: To see clearly where you are living as two people.

Steps:

1. Draw two columns on a page: Work Me and Home Me.
2. Under each, write out how you act, what you value, how you speak, and what you prioritize in that space.
3. Highlight differences that make you uneasy or inconsistent.

Reflection Questions:

- Where do I act most unlike my true self?
- What excuses do I use for behaving differently?
- How do these differences make me feel afterward?

Application:

Awareness is the first step. Choose one inconsistency and commit to addressing it this week.

Redefining Success

Purpose: To shift success from external metrics to internal alignment.

Steps:

1. List your current scoreboard: things like income, hours, promotions, achievements.
2. Create a second list of what truly matters to you: relationships, health, faith, character.
3. Compare both lists and highlight the mismatches.

Reflection Questions:

- Where am I chasing success that doesn't matter to me?
- What would change if I redefined success around the second list?

Application:

Rewrite your personal definition of success in one sentence and put it somewhere visible.

Integration Audit

Purpose: To measure consistency across all areas of life.

Steps:

1. Write down your top 5 values (e.g., integrity, generosity, faith, family, growth).
2. For each value, rate yourself (1–10) in three areas: work, home, friends.
3. Identify the largest gaps.

Reflection Questions:

- Why do I live this value more strongly in one area than another?
- What fear or pressure makes me compromise?

Application:

Choose one gap and take one action this week to close it.

Authenticity Check

Purpose: To uncover the masks you wear.

Steps:

1. List 2–3 masks you put on (e.g., The Performer at work, The Stoic at home).
2. Write what fear or insecurity drives each mask.
3. Journal how you can start showing up without it.

Reflection Questions:

- Who suffers when I wear this mask?
- What would happen if I removed it?

Application:

Practice removing one mask this week in a safe relationship where you can be honest.

Relationships That Reinforce

Purpose: To evaluate who strengthens or fractures your wholeness.

Steps:

1. List your five closest relationships.
2. Next to each, mark whether they reinforce your true self or fracture you.
3. Circle those who bring out your best.

Reflection Questions:

- Who encourages me to live authentically?
- Who tempts me to be a different version of myself?

Application:

This week, spend more intentional time with one reinforcing person, and less time with one fracturing person.

Wholeness Journal

Purpose: To create daily awareness of integration.

Steps:

1. Each evening, write: one moment I lived consistently today, one moment I lived fractured today, one action I can take tomorrow.
2. Review your entries at the end of the week.

Reflection Questions:

- What patterns do I see repeating?
- Where am I growing?

Application:

Share one journal insight with a trusted friend or mentor once a week for accountability.

Leadership Integrity Map

Purpose: To see how your personal wholeness shapes others.

Steps:

1. Draw three circles labeled Self, Team, Family.
2. Write how your integrity or fracture shows up in each.
3. Identify where inconsistency in you is spilling over onto others.

Reflection Questions:

- How do my private struggles affect my public leadership?
- What do my team or family see that I don't?

Application:

Choose one vulnerability to share with someone you lead. Authenticity builds trust.

Integration Reset

Purpose: To align your calendar with your values.

Steps:

1. Look back at your calendar for the past two weeks.
2. Circle the activities that reflected your values.
3. Cross out those that did not.
4. Plan the next two weeks to maximize circles and minimize crosses.

Reflection Questions:

- Does my time reflect who I want to become?
- Where do I need to say no?

Application:

Say no to one thing this week that does not align with your values, and yes to one that does.

Legacy Letter

Purpose: To anchor your choices in the long game.

Steps:

1. Write a letter as if it's read at your funeral.
2. Describe the kind of person you want to be remembered as.
3. Compare it to how you live today.

Reflection Questions:

- What would have to change for this letter to be true?
- Am I proud of the way I am currently living?

Application:

Identify one daily habit you can adopt to live closer to the legacy you want to leave.

Integration Accountability Plan

Purpose: To sustain wholeness over time.

Steps:

1. Choose a trusted person to ask you two questions regularly: Where were you whole this week? Where were you fractured?
2. Set a rhythm (weekly, biweekly, monthly).
3. Track progress, not perfection.

Reflection Questions:

- What fractures keep repeating?
- What progress am I making over time?

Application:

Celebrate small wins. Integration is a lifelong journey, not a quick fix.

Summary

The Singular Life Workbook equips you to live with wholeness and integrity by moving beyond theory into intentional practice, helping you align your values, relationships, and leadership into one unified life.