

STRONG™ Recovery Orientation Worksheet

A Structured Starting Point for Clarity



Why You're Receiving This

You're receiving this worksheet because clarity changes recovery.

Most men try to push their way through this phase.
More effort. More discipline. More information.

But recovery doesn't respond to pressure.
It responds to orientation.

This process helps you step back, assess where you are, and identify what actually needs structure right now.

Take 10–15 minutes.
Answer honestly.
There are no right answers — only awareness.

Clarity first. Everything else builds from there.

Before our conversation, take 10–15 minutes to reflect and answer the questions below.

There are no "right" answers. The goal is awareness — not perfection.

SECTION 1 — Where You Are Right Now

1. What stage best describes you?

- If newly diagnosed (pre-treatment) **scroll down to Section 5: Orientation**
- In active treatment
- Recently completed treatment
- Months or years post-treatment
- Unsure — somewhere in between

2. In one sentence, how would you describe how you're feeling right now?

3. What feels most unstable at this stage? (Check all that apply)

- Energy
- Motivation
- Mental clarity
- Physical strength
- Sleep
- Mood
- Identity / confidence
- Direction
- Other: _____

SECTION 2 — The Fog Check

Answer honestly. No judgment.

4. Do you feel like you're guessing your way through recovery?

- Frequently
- Sometimes
- Rarely
- Not at all

5. What feels unclear right now?

6. Where are you pushing harder than necessary?

7. Where might you need more structure instead of more effort?

SECTION 3 — The STRONG™ Pillar Snapshot

Rate each area from 1-5

(1 = very unstable / unclear | 5 = grounded / consistent)

S — Set Your Mind Each Morning

Do you begin the day with intention or orientation?

1 2 3 4 5

T — Train Your Body with Context

Is your movement aligned with your current stage?

1 2 3 4 5

R — Refuel Intelligently

Does your nutrition support energy and recovery?

1 2 3 4 5

O — Optimize Rest and Recovery

Are you treating recovery as strategy — not weakness?

1 2 3 4 5

N — Navigate the Mental Battle

Are you aware of how your thoughts are influencing your momentum?

1 2 3 4 5

G — Grow Into the Man You're Becoming

Are you resisting who you are now — or integrating it?

1 2 3 4 5

SECTION 4 — The Real Question

8. If nothing changed over the next 6 months, what concerns you most?

9. If clarity returned tomorrow, what would feel different?

10. What would “steady” look like for you right now?

SECTION 5 — Orientation

11. Are you looking for:

- Clarity only
- Structure
- Accountability
- A full recovery framework
- Not sure yet

12. On a scale of 1-10, how ready are you to stop guessing and organize this phase intentionally?

1 2 3 4 5 6 7 8 9 10

6. For Men Just Diagnosed

If you are newly diagnosed and preparing for treatment, answer these with honesty. Getting ahead of the fog is one of the most powerful moves you can make.

What are your biggest immediate fears?

What assumptions are you making right now?

What would help you feel more steady this week?

Closing Prompt

Before our call, reflect on this:

When certainty disappears... what do you hold onto?

Write your answer below.

Before Our Conversation

When we speak, this worksheet will help us move past surface-level discussion.

We'll identify:

- Where confusion is creating friction
- What structure is missing
- And whether STRONG™ is the right next step for you

There's no pressure in that conversation.

Only clarity.

And clarity gives you something solid to stand on.

Walk on. Stay steady. Stay STRONG,

Frank S. Ring

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