



# THE STRUGGLE PYRAMID ASSESSMENT

THE FOURTH  
GENERATION FORMULA



KABLE RECORD

# THE STRUGGLE PYRAMID ASSESSMENT

## From Chapter 6: Struggle Is the Price of Growth

*"Struggle isn't punishment; it's preparation." The Fourth Generation Formula*

## PURPOSE

Every builder faces battles that test endurance, identity, and faith.

This tool helps you measure how well you're using struggle to grow rather than escape it.

Your goal isn't to avoid pain—it's to make pain productive.

## THE STRUGGLE PYRAMID

LEVEL	DESCRIPTION	SELF-RATING (1-10)
<b>1. Foundation – Faith in the Fight</b>	When pressure hits, do you believe struggle serves you or punishes you? Builders see resistance as training, not rejection.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10
<b>2. Identity – Who You Become Under Pressure</b>	When things fall apart, do you ask "Why me?" or "What is this teaching me?" Your identity is refined in discomfort.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10

<p><b>3. Discipline – Doing It Anyway</b></p>	<p>Consistency through pain is the rarest form of discipline. Builders finish what emotion started.</p>	<p><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4  <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8  <input type="checkbox"/> 9 <input type="checkbox"/> 10</p>
<p><b>4. Mastery – Turning Struggle Into Skill</b></p>	<p>Every hard thing mastered becomes leverage. The pain that once broke you becomes proof that you're unbreakable.</p>	<p><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4  <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8  <input type="checkbox"/> 9 <input type="checkbox"/> 10</p>
<p><b>5. Transfer – Strength That Builds Others</b></p>	<p>True mastery multiplies. Builders use their scars to guide others through their storms.</p>	<p><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4  <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8  <input type="checkbox"/> 9 <input type="checkbox"/> 10</p>

## STRUGGLE INVENTORY

Where am I resisting growth?

---



---



---



---

What lesson keeps repeating in my life right now?

---



---

---

---

What would it look like if I embraced this instead of escaping it?

---

---

---

---

## **DAILY BUILDER'S CHALLENGE M**

For the next 7 days:

- Choose one productive struggle (the task you've been avoiding).
- Lean in for 10 minutes daily no negotiation.
- Journal the wins: what changed in you, not just what got done.



