

**THE**

**ANCHOR**

**SCORE**

**SEVEN DAYS TO FIND OUT WHAT YOUR IDENTITY IS ACTUALLY STANDING ON.**

One score, re-rated every friday. One question underneath it: Who are you when you are not playing?

BEFORE YOU START THE ANCHOR SCORE

# WHO ARE YOU WHEN YOU ARE NOT PLAYING?

Football is built to measure your output. Minutes, goals, ratings, the comment under the clip. None of it measures you. And when the output dips through form, injury or a manager's decision most players find out too late that their whole sense of self was sitting on it.

This week is about seeing that clearly. Not fixing it yet. Seeing it. Before you can change anything, you have to name who you are beneath what you produce.

## THE RUNNING METRIC

**"MY SENSE OF WHO I AM HELD STEADY THIS WEEK, WHETHER I PLAYED WELL OR BADLY, WAS PICKED OR DROPPED, PRAISED OR IGNORED."**

One number, one to ten, set on friday. That is your anchor score. This week you take your baseline. The full programme tracks it for fifty-two weeks. The line across the year is the product.

## HOW THE WEEK WORKS

### DAYS 1 TO 4

**THE DAILY PRAXIS.** One principle from scripture, one threshold to cross, one application you can actually do. Ten minutes on the page. The work happens off it.

### DAY 5

**THE FRIDAY AUDIT.** Three questions on a one-to-ten scale, then your first anchor score. Honesty, not progress, is the target.

### DAY 6

**THE TEACH-BACK.** Translate the week into someone else's world without preaching. You learn it properly when you live it in front of someone.

### DAY 7

**THE SABBATH PAUSE.** Three sentences and full permission to produce nothing. Rest is built into the design, not earned.

## 01

GENESIS 1

**GOOD BEFORE YOU  
DID ANYTHING**

Before the first human kicked, built, scored or earned, God looked at what he had made and called it good. Not good because it performed. Good because he made it. You arrived loved. The output came later and changed nothing about the verdict.

UNLEARN.

My value is the sum of what I produce.

RELEARN.

**My value was settled before I produced a thing.****THE WORK**

Write down the three things you most quietly believe make you worth something. Most players write minutes, goals, and what people say about them. Now cross out every item a manager, an injury or a bad month could take from you. Notice how short the list gets. That gap is what this work is for.

## 02

LUKE 3

**BELOVED BEFORE  
THE FIRST MIRACLE**

At the river the Father speaks over Jesus. You are my Son, I delight in you. At this point Jesus has not healed anyone, taught anyone, or done a single recorded work. The approval lands before the output. The work flows from the sonship. It does not buy it.

UNLEARN.

Approval is something I earn at the weekend.

RELEARN.

**Approval is the ground I play from, not the prize I play for.****THE WORK**

Recall the last time you felt approved of, and be honest about the trigger: A goal, a clip, a comment. Have you ever sat still and received approval that was not attached to a performance? If the answer is no, that is the threshold. Spend five minutes this week receiving the verdict before earning it.

## 03

LUKE 10

**WORTH TANGLED  
IN THE DOING**

Martha is flat out serving and resentful that her sister is just sitting. Jesus does not scold the work. He names the worry underneath it. Martha had wrapped her worth in being useful. Mary had simply stayed close. One thing is needed, and it was not more output.

UNLEARN.

If I stop being useful, I stop being valuable.

RELEARN.

**Presence is not laziness. Being close is its own work.****THE WORK**

Track one day. Every time you reach for your phone, a session, a task or a snack to avoid being still, make a mark. Count the marks at night. That number is how often you ran from rest into output. Pick one of those moments tomorrow and stay in the stillness instead.

## 04

PSALM 139

**KNIT, NOT ASSEMBLED**

The psalm says you were knitted together in secret, known before you drew breath. Knitting is slow, deliberate, personal. You were not mass produced off a conveyor belt to hit performance targets. You were made on purpose by someone who knew exactly what he was doing.

UNLEARN.

I am a product, judged by my latest output.

RELEARN.

**I am a person, made on purpose, known in full.****THE WORK**

Rate this statement today, one to ten: I believe I was made on purpose, apart from anything I achieve. Write the number. Do not move it to where you wish it was. This is your starting honesty. You will rate it again on Friday and see whether seeing yourself clearly moved the line.

# THE FIRST AUDIT.

Keep it simple and honest. You are establishing a baseline you will measure against. Rate each statement one to ten, then write the number down. Numbers you do not write down do not count.

|           |                                                                                                                      |                   |
|-----------|----------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>01</b> | I can describe who I am without mentioning football, stats, or what people say about me.                             | SCORE<br>___ / 10 |
| <b>02</b> | This week, my mood was driven mostly by results and reactions, not by who I am. Higher means more driven by results. | SCORE<br>___ / 10 |
| <b>03</b> | I spent time this week being still, with no output, on purpose.                                                      | SCORE<br>___ / 10 |

## SET YOUR ANCHOR SCORE

**"MY SENSE OF WHO I AM HELD STEADY THIS WEEK, WHETHER I PLAYED WELL OR BADLY, WAS PICKED OR DROPPED, PRAISED OR IGNORED."**

Write the number. Up, down or flat are all fine. You are training honesty, not progress yet. This is the line the full year is built to move.

BASELINE

\_\_\_ / 10

## DAY 6 · THE TEACH-BACK

Pick one younger player or one person at home. In normal conversation, ask them what they think makes a person valuable. Listen. Do not correct them. Then, only if it fits, say one sentence about how you are learning that your worth was settled before your output. Demonstrate it by not bringing the conversation back to your own performance once.

## DAY 7 · THE SABBATH PAUSE

**YOU ARE NOT WHAT YOU PRODUCED THIS WEEK. YOU WERE LOVED BEFORE THE WHISTLE AND YOU ARE LOVED AFTER THE FINAL SCORE.**

Today, make nothing, prove nothing, and let that be enough.

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### ONE RULE FOR THE WEEK

Do the days in order. Do not read ahead. Each day is short on purpose, because the work happens off the page: In training, in the car, in the group chat, in the quiet. If you miss a day, pick up where you left off. **Honesty beats streaks.**

WHAT COMES NEXT

# THIS WAS WEEK ONE OF FIFTY-TWO.

A Year of Applied Identity is a 365-day curriculum for players who want their faith to hold up under professional pressure. Four movements of thirteen weeks, one measurable line running through all of it.

## 01 AWARENESS SEE IT.

Name who you are beneath what you produce.

## 02 ALIGNMENT CLOSE IT.

Shrink the gap between what you believe and how you actually live.

## 03 AUTHENTICITY LIVE IT.

The same person in the dressing room, the empty gym and the group chat.

## 04 ADVANTAGE COMPOUND IT.

Character as the long game. The edge that does not depend on the scoreboard.

IF THIS WEEK LANDED, THERE ARE TWO WAYS FORWARD.

### THE FULL CURRICULUM.

All fifty-two weeks of The Called Athlete, movement by movement. Email us and we will send you the details before general release.

### 1:1 COACHING.

A structured coaching arc with Coach Powell, built on the same framework, for players who want to do this work with someone in their corner. Ordained minister, AC-qualified coach, certified sports chaplain, chaplain at Crystal Palace FC.

START THE CONVERSATION.

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HALFSPCE · THE PITCH IS ONLY HALF THE STORY.