G. Patel

WORKBOOK · FROM THE #1 AMAZON BEST SELLER

The Recalibration Workbook

*Seven steps to rebuild after a setback, adapted from F*ck Rock Bottom. Read a step, write your answers, take the next step.*



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Before you begin

In January 2019, I declared bankruptcy. I lost my restaurant group, my money and, for a while, my sense of who I was.

The Recalibration Blueprint is how I rebuilt. It is not about clawing back to where you were. It is about building something truer than what came before.

Work through one step at a time. Write by hand if you can. Some steps take a day. Some take months. Mine took years. That is fine. The point is to keep showing up.

01 **Stop everything**
Pause to heal.

02 **Audit your life**
Take stock of what you still have.

03 **Rediscover your identity**
Find who you are beneath the titles.

04 **Build a resilience toolbox**
Practices that keep you steady.

05 **Build bridges to progress**
Small steps that rebuild momentum.

06 **Lean into your community**
You do not rebuild alone.

07 **Design your future**
Set a direction and trust the journey.

Step 01 · Stop everything

When everything feels out of control, stop. Not slow down. Stop. Stopping is not quitting. It is creating space. For me, it meant cutting out drinking, saying no to nightlife and sitting in silence long enough to hear myself think.

What do I need to stop doing, starting today?

Which places, people or habits pull me away from my best self?

Where can I find 30 minutes of stillness each day?

Step 02 · Audit your life

Once the noise quiets, take inventory. Not of what you lost. Of what you still have. Your skills, knowledge and relationships did not disappear with the setback.

SKILLS AND STRENGTHS I STILL HAVE	RELATIONSHIPS THAT LIFT ME	HABITS ALREADY WORKING

Which relationships drain me, and what boundary do I need to set?

Step 03 · Rediscover your identity

For years I called myself a restaurateur, an entrepreneur, a success. When those roles disappeared, I felt lost. This step is about finding the person underneath the labels.

Who am I when I strip away my titles?

Why did I start the work I do? What lit me up?

Ask three people you trust: what are my strengths? Write their answers here.

Step 04 · Build a resilience toolbox

Rebuilding is not a straight line. You need tools that keep you grounded on the hard days. Here is what went into mine. Check the ones you will try, then add your own.

- [ ] Meditation, even five minutes a day
- [ ] Daily movement. Walking became my therapy.
- [ ] Therapy or coaching. It changed everything for me.
- [ ] Three things I am grateful for, written every morning
- [ ] Journaling: replace “I failed” with “What did I learn?”

My toolbox

Step 05 · Build bridges to progress

The big picture can feel overwhelming. Build bridges instead: small, practical steps that connect where you are to where you want to be. Progress is not about leaps. It is about showing up.

BRIDGE	MY FIRST SMALL STEP	DONE BY
Financial clarity: track every dollar for one week		
Physical renewal: start with five minutes		
Professional spark: what can I learn today? Who can I call?		

Step 06 · Lean into your community

Rebuilding is not a solo journey. My wife became my anchor. Mentors and former colleagues showed me possibilities I could not see alone.

Who are my anchors? How will I let them in this week?

Which mentor or former colleague will I reach out to?

Where will I meet one new growth-minded person this month?

Step 07 · Design your future

Once the foundation is stable, dream again. This time, design for alignment, not approval. Picture yourself five years from now. Who have you become? What have you built?

My ideal day, five years from now, in vivid detail:

Three steps that would move me toward that day:

The first step I will take today:

Keep the momentum: the four pillars

Momentum grows from small, consistent habits across four areas. Stack one habit onto something you already do. Check a box each day you show up.

HABIT	M	T	W	T	F	S	S
Mindset · 5 minutes of journaling	☐	☐	☐	☐	☐	☐	☐
Heartset · one intentional connection	☐	☐	☐	☐	☐	☐	☐
Soulset · 10 minutes on purpose	☐	☐	☐	☐	☐	☐	☐
Healthset · movement or water first	☐	☐	☐	☐	☐	☐	☐

My core values

Mine are Family. Impact. Creativity. Every yes runs through them. Write yours below.

> *"You are not defined by your setbacks. You are defined by how you respond to them."*
>
> F*CK ROCK BOTTOM, CHAPTER 14

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Keep building.

I write about building companies, putting systems under them and recalibrating when life breaks. You are on the list, so new playbooks come to you first.

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