

THE TRADE-OFF TRACKER™

A tool for reflection, from Kingdom Mindset Strategies™.

**What you refuse to measure,
you quietly agree to lose.**



DATE COMPLETED

WHAT I'M CHASING

"So teach us to number our days that we may get a heart of wisdom." — Psalm 90:12

Now ask yourself, 'What am I currently pursuing with the most intensity or urgency?'

List your top 1–3 pursuits. Be honest. This is a time to reflect...

1. 2. 3.

WHAT IT'S COSTING

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil." — Ephesians 5:15–16

What might I be trading - even unintentionally - in the process of my pursuits?

TIME WITH MY SPOUSE

PRAYER / TIME WITH GOD

PRESENCE WITH MY KIDS

DAILY TIME IN SCRIPTURE

PHYSICAL HEALTH

FELLOWSHIP / CHURCH FAMILY

CONSISTENT SLEEP

EMOTIONAL MARGIN

SABBATH / REST

INTEGRITY (HONESTY, FOLLOW-THROUGH, CONSISTENCY)

OTHER

WHAT I'M ACTUALLY TRADING

"For where your treasure is, there your heart will be also." — Matthew 6:21

More honesty required - be real with what you write here... it'll help identify what needs to change.

I 'm trading		for	
I 'm trading		for	
I 'm trading		for	
I 'm trading		for	
I 'm trading		for	
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I 'm trading		for	

The trades you ignore today
become the regrets you carry tomorrow.

Let your treasure be eternal.
Let your presence reflect what you truly value.

WHAT NEEDS TO CHANGE

"Therefore do not be foolish, but understand what the will of the Lord is." — Ephesians 5:17

You've been honest in your reflection and now it's time to make a commitment to execution.

Write out a clear & specific plan of what & how you want to change. Then send it to your spouse, best friend, a coach, or a mentor.

By (date), I will...

About Kingdom Mindset Strategies

KMS was started by active CEO and President, Adam Weisner, to provide executive coaching and business tools designed specifically for Christian Executives in the workplace. Adam is passionate about bringing excellence to business with a Kingdom Mindset and focus on Jesus being the center of everything. Your calling is unique. Your mindset should be too.

Adam has spent the last 20 years of his career helping companies grow, scale, and build lasting impact. Whether it's the corporate world or a brand new small business start up, he's seen it and led it. From banking and investment management to the automotive aftermarket and SaaS, his experience spans multiple and various industries. What has been true for every business is that building an unbreakable company requires similar ingredients — well-built systems, streamlined growth strategies, and optimized operations.

After over 2 decades turning businesses around, Adam has built a framework that helps executives achieve scalable growth and Asymmetric Endurance™ — ensuring the business don't just succeed but is built to last and gives back the most precious resource: time.

Follow the links below to learn more about unlocking your business potential and discovering your Purpose Beyond Profit.



Learn more about KMS



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