

THE F.I.G.H.T. FRAMEWORK

The Comeback Workbook

Five stages to move you from setback to championship living —
with the same working questions I use with 1-on-1 coaching clients.

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Before you start

How to use this workbook

I weighed 420 pounds. Depressed. Unemployed. Staring at a life I didn't recognize and a future I couldn't face. Rock bottom has a way of clarifying things. The F.I.G.H.T. Framework is the system I built out of that season — the same one that has since guided hundreds of people through their own comebacks.

This workbook is not something to read once and set down. It's five working sessions. Go stage by stage. Answer the questions in writing — not in your head. There is a difference between thinking an honest thought and putting it on paper where you have to look at it.

Give each stage real time. Some people move through all five in a weekend. Others need a stage per week. Either way is fine. What matters is that you don't skip the questions that make you uncomfortable — those are usually the ones doing the most work.

At a glance

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|----------|-------------------------|
| F | Face Your Reality |
| I | Ignite Your Strategy |
| G | Grind It Out |
| H | Handle the Heat |
| T | Transform Into a Leader |



STAGE 1 OF 5 · CLARITY BEFORE CHANGE

Face Your Reality

You can't change what you won't acknowledge. This stage strips away the denial and the softened version of the story you've been telling yourself and other people. No judgment. Just an honest, unflinching look at where you actually stand right now — not where you wish you stood, not where you used to stand.

WORKING QUESTIONS

What is the truth about my current situation that I have been avoiding saying out loud?

Where have I been minimizing a setback instead of naming it?

Who in my life has tried to tell me this truth already — and why didn't I listen?

If a stranger looked at my life with no context, what would they say is really going on?

THIS WEEK'S ACTION

Write one paragraph describing your current reality with zero softening language. No "it's not that bad" and no "I'm fine." Just the facts.



STAGE 2 OF 5 · A BLUEPRINT, NOT A WISH

Ignite Your Strategy

Hope without strategy is just a wish, and a wish is not a plan. This stage builds your personalized comeback blueprint — a clear vision, measurable goals, and a 90-day action plan that turns what you want into something you can actually execute against week by week.

WORKING QUESTIONS

What does my comeback actually look like in concrete, specific terms — not a feeling, a picture?

What are the three measurable goals that would prove, 90 days from now, that this comeback is real?

What resources, relationships, or skills do I already have that I have not been using?

What is the very first move — the one I could make this week?

THIS WEEK'S ACTION

Write your 90-day goal in one sentence. Then write the first three actions that move you toward it, with a date next to each one.



STAGE 3 OF 5 · WHERE MOST PEOPLE QUIT

Grind It Out

Champions are built in the daily grind, not the highlight reel. This is where most people quit — not because the plan was wrong, but because consistency is harder than motivation. This stage is about implementing championship habits and building the systems that create momentum even on the days you don't feel like it.

WORKING QUESTIONS

What habit, if I did it every single day for 90 days, would change everything?

Where has motivation let me down before, and what system could replace it?

What is currently competing for the time and energy this comeback requires?

Who can hold me accountable when I want to quit — and have I actually asked them?

THIS WEEK'S ACTION

Name one daily non-negotiable for the next 30 days. Put it on your calendar right now, before you close this workbook.



STAGE 4 OF 5 · PRESSURE REVEALS THE MAN

Handle the Heat

Pressure reveals who you really are. Obstacles are not a sign you took the wrong path — they are the path. This stage is about building the mental toughness to push through, learning to reframe failure as feedback instead of a verdict, and staying focused when everyone around you has doubts, including you.

WORKING QUESTIONS

What obstacle am I most afraid will knock me off course — and what would it look like to face it head-on?

When I have failed before, did I treat it as a verdict on who I am, or as information I could use?

Whose doubt about my comeback do I need to stop carrying?

What would the version of me who has already made this comeback do the next time pressure hits?

THIS WEEK'S ACTION

Identify the one obstacle most likely to derail you in the next 30 days. Write down exactly how you will respond before it happens.



STAGE 5 OF 5 · THE COMEBACK ISN'T COMPLETE ALONE

Transform Into a Leader

Your comeback isn't complete until you help somebody else make theirs. This final stage is about stepping fully into your new identity, leading by example in your sphere of influence, and building a legacy that outlasts the moment you're standing in right now. Champions create champions.

WORKING QUESTIONS

Who is watching my comeback right now, whether I realize it or not?

What did I learn in stages F through H that someone else needs to hear?

Who could I bring alongside me instead of making this comeback alone?

What do I want people to say about how I handled this season, five years from now?

THIS WEEK'S ACTION

Name one person you will share part of this journey with in the next 7 days — not the highlight, the real version.

You don't have to do this alone

Most people fail their comeback because they try to do it in isolation — no accountability, no community, no one who understands what they're carrying. If you worked through these five stages and felt something in stage F or stage H that you need to talk through with someone, that's not a coincidence. That's the work starting to do what it's supposed to do.

Book a free strategy call → coachclarkedmin.com/book-online

Or join the Comeback Collective Circle for weekly group coaching, accountability partnerships, and the complete F.I.G.H.T. Framework training — coachclarkedmin.com/community

Your setback isn't your story. Your comeback is.

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