

RESOURCE GUIDE
VERSION 1.0

THE SECOND SEASON OF LIFE
ΦΚΘ

THE DISCOVERY XP



DREAM • DEVELOP • DECIDE • DO

Copyright © 2019 by Dr. Michael S. Brown
All Rights Reserved.

No part of this publication may be reproduced or utilized in any form, including photocopying, without permission in writing from the author, and in the case that permission is granted, appropriate citations demonstrating original authorship must be included.

THE FOUR SEASONS OF A MAN'S LIFE

SEASON ONE
IDENTITY

AGES 0-20

SEASON TWO
INVESTIGATION

AGES 20-40

SEASON THREE
INFLUENCE

AGES 40-60

SEASON FOUR
INSPIRATION

AGES 60-100

Phi Kappa Theta Fraternity is now introducing a first-of-its-kind alumni program entitled **The Discovery Experience (XP)**.

Initially created for undergraduate members, the core curriculum of Make Your Move® and Maximize Your Life® has been expanded, contextualized for members at various stages of their lives, and is now available in the first of three volumes for brothers who find themselves in the *Second Season* of their lives.

Both inspiring and instructional, this innovative program is designed for self-selected high-achieving alumni who want to stay closely connected to the brotherhood of the Fraternity, while continuing to expose themselves to self-guided learning opportunities (complete with ever-evolving dynamic curriculum and relevant conversations) from mentors, esteemed brothers, and life coaches.

This tailored content is foundational to the comprehensive Discovery XP (including the semi-annual retreat-style onsite Discovery Summit within a cohort model, a subscription-based online educational resource, and ongoing life coaching conversations) in order to assist generations of brothers throughout their lifetime to evolve into their best selves and achieve their fullest potential in each of the four seasons of life.



MODULE ONE

Discover Yourself

CHAPTER 1

Envision Your Possibilities

Page 1

CHAPTER 3

Explore Your Potential I

Page 15

CHAPTER 5

Explore Your Potential III

Page 25

CHAPTER 2

Examine Your Problems

Page 7

CHAPTER 4

Explore Your Potential II

Page 21

CHAPTER 6

Execute Your Plan I

Page 41

MODULE TWO

Develop Yourself

CHAPTER 1

The Personal Dimension

Page 49

CHAPTER 3

The Emotional Dimension

Page 73

CHAPTER 5

The Intellectual Dimension

Page 109

CHAPTER 7

The Moral Dimension

Page 125

CHAPTER 9

The Cultural Dimension

Page 145

CHAPTER 11

The Financial Dimension

Page 163

CHAPTER 2

The Physical Dimension

Page 63

CHAPTER 4

The Relational Dimension

Page 87

CHAPTER 6

The Spiritual Dimension

Page 117

CHAPTER 8

The Professional Dimension

Page 135

CHAPTER 10

The Recreational Dimension

Page 153

CHAPTER 12

The Sexual Dimension

Page 173

APPENDICES

Page 179



MODULE ONE

DISCOVER YOURSELF

**Envision Your Best Self.
Explore Your Unique Calling.**

CHAPTER ONE

ENVISION YOUR POSSIBILITIES

YOUR LIFE

Who do I really want to be? Who am I becoming?



INSIGHT

This first chapter begins with an invitation... an invitation to dream... to dream dreams that are worthy of your life. Every human being has infinite value, and you, as a young man in the second season of his life, are one of those human beings with limitless possibilities.

Dream a little. Imagine what could be. Envision a life for yourself that achieves its fullest potential, and most importantly, a life wherein which you feel fully alive! Moreover, envision a you who is much more than your career and a 40-75 hour work week. Seriously, as you reflect, don't think about *what* you are doing as much as *who* you are becoming.

Sadly, it is often only in those rare moments of confusion or crisis when young men pause long enough to ponder who they are becoming and what they want to be true of themselves at the end of their lives.

But not you.

Not us.

We are here this weekend to proactively look at ourselves in the mirror and wrestle with this timeless truth: we will not wake up one day having become someone we have not been becoming. In this Season of Investigation, we are committed to not waiting any longer to consider the brevity of life and the precious opportunities that are before us now.



INTROSPECTION

Imagine yourself being asked the question by a parent or respected mentor, “So **who** do you want to be when you grow up?” Notice: the question is not, “So **what** do you want to do for a career when you grow up?”

The heart of this reflective probe is to think about the *qualities* and *characteristics* of your life that you hope will be remembered by others once you are no longer on this earth.



INTERACTION

What are some of the qualities and characteristics that came to mind as you quietly and personally reflected?

Why do you think that young men are more prone to think about these ultimate questions only during seasons of confusion or crisis?



INSIGHT

Often for young men who have not been exposed to these kind of big ideas and bold conversations throughout adolescence and into early adulthood, they feel a vacuum of vision for who they might become. With that reality in mind, Dr. Michael Brown offers this potential portrait of a Possibility that he believes reinforces the powerful vision and values of the Phi Kappa Theta brotherhood. Here it is for your consideration:

“Servant leaders are in the process of becoming R.E.A.L. Men[®] who are growing as Lifegivers[®] while developing in all Twelve Dimensions[®] of Life.”

A PORTRAIT OF **REAL** MANHOOD

R **REJECT PASSIVITY AND IRRESPONSIBILITY**

Men don't have to be lazy, undisciplined, unproductive, or numb. You can stop coasting and instead choose to live life on purpose and with clear intentions and direction.

E **EXHIBIT HONESTY AND INTEGRITY**

Men don't have to hide, lie, pretend, distance themselves from people, or keep that big secret. You can be truth-tellers in every situation and in every relationship.

A **APPRECIATE TRANSPARENCY AND CONNECTEDNESS**

Men don't have to wear a mask, keep real feelings bottled up, or trudge through life alone. You can initiate, cultivate, and enjoy transformative friendships and meaningful romantic relationships with others.

L **LEAD INTENTIONALLY AND AUTHENTICALLY**

Men don't have to shrink back, hesitate, avoid risks, or wait for someone else to take the initiative. You can try new things, seize opportunities, and refuse to be immobilized by insecurity or fear of failure.

THE LIFE GIVER MODEL

L Loving

I Intentional

F Fun

E Expressive

G Generous

I Inquisitive

V Vigorous

E Enthusiastic

R Responsive

TWELVE DIMENSIONS OF LIFE





INTERACTION

Which components (R.E.A.L., Lifegiver, 12 Dimensions) of this Portrait most connect with you... and why?

Are there any ideas within this Portrait that are concerning and/or seemingly unattainable for you?

EXAMINE YOUR PROBLEMS

YOUR LIFE

Why is it not happening for me?

Why does it often feel as if life is not working?



INSIGHT

Life is not as it should be. We all feel it: that unsettling sense in the pit of our stomachs that so much of what we experience as human beings is unjustified, unfair, or just plain uncomfortable.

Trust me: what you often feel is not ideal, but it is normal. This somewhat troubled reality is true for every young man, to one degree or another. Take a moment to scan your world; you see the pain and suffering. Take a moment to reflect upon your community: you surely observe the confusion and uncertainty around you.

Take a risk, look inside of yourself, and examine your own heart; there is probably some really hard stuff brewing just beneath the surface and behind the mask that you wear.



INSTRUCTION

The problems that you face in your personal life are the inevitable result of the presence of three realities: creation, circumstances, and choices.

- Creation is not always healthy/well.
- Circumstances are not always happy/welcome.
- Choices are not always honorable/wise.



INTERACTION

Brainstorm a few **specific examples** that you have observed in your world, community, family, or personal life where and when:

- Creation was not healthy/well
- Circumstances were not happy/welcome
- Choices were not honorable/wise



INTROSPECTION

Write down three prevalent problems that you are currently wrestling with in your personal life.

Try to discern which of the three realities (creation, circumstances, and choices) are playing a role in these personal challenges.



INSTRUCTION

Phi Kappa Theta celebrates spiritual curiosity and development in its various and assorted expressions. Although founded as a Catholic Fraternity, our brotherhood has become increasingly diverse in its spiritual perspectives, but it is still open to considering and reflecting upon spiritual themes drawn from the Bible.

One sacred text directly related to the problems of life is the Book of Ecclesiastes, penned by a Philosopher-King whom many refer to as one of the wisest men in history.

A SHORT SUMMARY OF ECCLESIASTES

In Ecclesiastes, “King Solomon takes a hard look at the human enterprise – an enterprise in which he himself has fully participated. He sees a busy, busy human ant hill in mad pursuit of many things, trying now this, now that, laboring away as if by dint of effort humans could master the world, lay bare its deepest secrets, change its fundamental structures, somehow burst through the bounds of human limitations, build for themselves enduring monuments, control their destiny, achieve a state of secure and lasting happiness – people laboring at life with an overblown conception of human powers and consequently pursuing unrealistic hopes and aspirations.”

NIV STUDY BIBLE FOOTNOTES

SOME ECCLESIASTES QUOTATIONS

1:4: “Generations come and generations go...”

1:11: “There is no remembrance of men of old, and even those who are yet to come will not be remembered by those who follow.”

2:22: “What does a man get for all the toil and anxious striving with which he labors under the sun?”

7:2: “For death is the destiny of every man; the living should take this to heart.”

8:17: “No one can comprehend what goes on under the sun. Despite all his efforts to search it out, man cannot discover its meaning. Even if a wise man claims he knows, he cannot really comprehend it.”

12:13: “Now all has been heard; here is the conclusion of the matter: Revere God and keep His commandments, for this is the whole duty of man.”

SUMMARY

Live this mysterious life well, and keep God at the center of everything. This short life is a dot on the timeline of eternity, but how you choose to invest this dot will affect the entire timeline.

THE THRUST AND THEMES OF THIS BOOK

Human beings cannot, in and of themselves, do anything of lasting value or enduring significance.

Human wisdom, in itself, is incapable of solving problems or making sense of the mess.

Human experience complicates what we believe to be true; life is confusing even when placed against the backdrop of our knowledge of God.

Human existence can end tomorrow, rendering any real control or future planning to merely a perception.

SUMMARY

Therefore, my response to these realities is to embrace life for what it is, not expecting too much from it, while living life to its fullest. And without setting unrealistic goals for this life, love God and people well, for as long as I am here on this Earth.



INTERACTION

Considering these timeless truths as offered by King Solomon, in what ways do his insights challenge your perspective about the problems and difficulties we face throughout life?



INSIGHT

King Solomon's profound wisdom and practical insights still ring true for our generation today, as we try to make sense of the world and navigate the many challenges and difficulties that we face.

Throughout history – scholars, poets, and philosophers from every secular and spiritual perspective wrestle with these complex questions.

In tangible terms, this trilogy of a broken world, bothersome circumstances, and bad decisions leave young men often feeling:

- Wounded
- Confused
- Lonely
- Passive

Many second-season-of-life men still feel the **wounds** of unhealthy families, difficult life circumstances, or poor choices; the **confusion** of trying to wade through society's mixed messages regarding the definition and descriptions of modern manhood and masculinity; the **loneliness** that comes from wearing masks, keeping secrets, and failing to live transparent lives with those they love; and the **passivity** that is a byproduct of feeling overwhelmed, exhausted, and unmotivated from all of the pressures of life and the many expectations of other people.



INSTRUCTION

FOUR SYMPTOMS OF A PROBLEMATIC LIFE

Wounded → Distressed
Confused → Distraught
Lonely → Distant
Passive → Disengaged



INTROSPECTION

Rank from 1-4 (1=most and 4=least) which of the Four Symptoms of a Problematic Life do you think most describes your current reality.

1

2

3

4



INTERACTION

1 I feel wounded from...

2 I am confused about...

3 I am lonely because...

4 I am passive about...



IMPLEMENTATION

Deeply reflect on if there might be challenges/difficulties under the surface of your life that might be shaping your current reality... and whom you might invite to be aware of these specific areas of your life.

MY STRUGGLE	WHO I WILL SHARE IT WITH
MY SECRET	WHO I WILL SHARE IT WITH
MY SCAR	WHO I WILL SHARE IT WITH
MY STORM	WHO I WILL SHARE IT WITH
MY SKELETON	WHO I WILL SHARE IT WITH

CHAPTER THREE

EXPLORE YOUR POTENTIAL

PERSONALITY

So what is my unique contribution when considering my **personality**?



INTRODUCTION

Life is to be lived on purpose.

So often, young men just barely keep their heads above water... doing just enough to survive the demands of work, relationships, and basic self-care. Nobody intends to squander or misuse their days, and yet that is what often happens, particularly for young adults who feel immortal.

Every one of us knows that our days are numbered, but we tend to live each day as though we are guaranteed tomorrow. This is not the case. So as a result, let's examine the perspective and practices necessary to living an intentional life of influence and impact. The goal for every man is not merely surviving, but thriving!



INTROSPECTION

Thinking about your personal life, take a few minutes and reflect. Have you ever privately wrestled with the questions:

What am I really living for? What is truly most important to me? Why do I do what I do? How can I even be sure I'm doing the best things?

Or have you ever found yourself wondering:

Where does all of my time go? Why can't I ever seem to get on top of my schedule? Why can my life sometimes seem so out of control? And even when I'm getting stuff done, why is there still this nagging sense that there is something missing?



INSIGHT

The comprehensive change required to getting a handle on your life is **80%** about *big perspective* and only **20%** about *best practices*.



INSTRUCTION

10 POWERFUL PERSPECTIVES ON LIVING LIFE ON PURPOSE

- 1 Time management has little to do with managing your time and everything to do with managing yourself.
- 2 Every moment matters and should be maximized.
- 3 Time is to be invested, not spent.
- 4 You are not a slave to your schedule.
- 5 One day counts more than you can imagine.
- 6 People and relationships should be prioritized.
- 7 I am what I continually do.
- 8 Make choices each day with the end in mind.
- 9 If I fail to plan, I plan to fail.
- 10 I will not wake up one day having become someone I have not been becoming.



INTERACTION

If you could choose just one of the powerful perspectives to reflect upon for five minutes every day, which one would you select and why?



INSIGHT

Your life is important. It matters. You matter. Most importantly, your potential is amazing, if you invest your life on purpose and live your life with precision and wisdom. So the **first step** to comprehensive change and putting you on the right path to living each day with the end in mind is about better understanding what makes you... you!

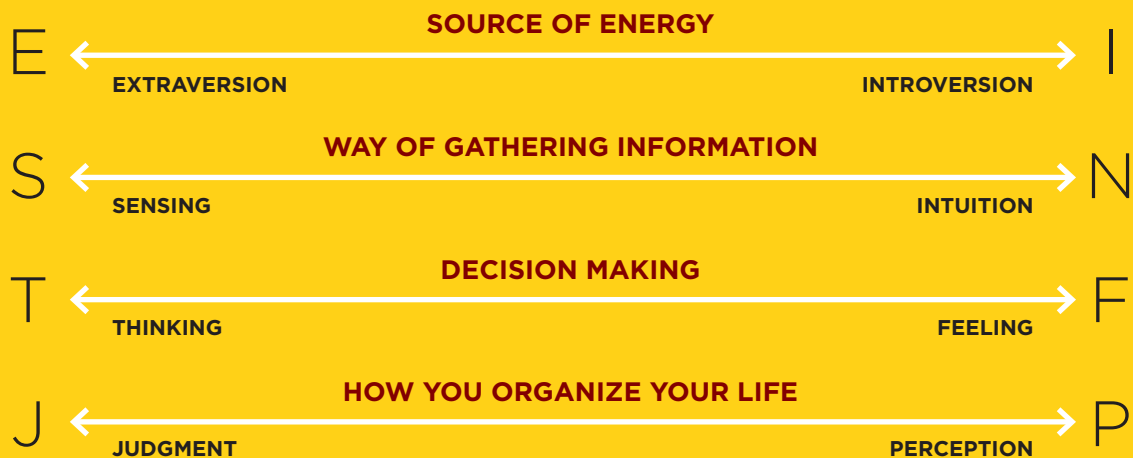
You are unique. There is only one of you on the planet, and this world needs you. Only you have your one-of-a-kind personality. Only you have your distinct combination of strengths. And only you have your specific composite of core values and passions.



IDEA

So what is my unique contribution when considering **my personality**? The Meyers-Briggs Personality Type Indicator is a time-tested tool available to learn more about the 16 general personality types, as well as helping individuals identify their own personality composite. Visit www.16personalities.com

FOUR PREFERENCES



IDENTITY



<p>ISTJ Logistician</p> <p>Organizer Compulsive Private Trustworthy Practical</p> <p>MOST RESPONSIBLE Does what needs done</p>	<p>ISFJ Defender</p> <p>Amiable Behind The Scenes Ready To Sacrifice Accountable Prefers Doing</p> <p>MOST LOYAL High sense of duty</p>	<p>INFJ Advocate</p> <p>Reflective Introspective Quietly Caring Creative Linguistically Gifted</p> <p>MOST CONTEMPLATIVE Inspiration to others</p>	<p>INTJ Architect</p> <p>Theory Based Skeptical "My Way" Needs Competency World Is A Chessboard</p> <p>MOST INDEPENDENT Everything can improve</p>
<p>ISTP Virtuoso</p> <p>Very Observant Cool and Aloof Hands-On Practicality Unpretentious Ready For Whatever</p> <p>MOST PRAGMATIC Will try anything once</p>	<p>ISFP Adventurer</p> <p>Warm and Sensitive Unassuming Short Range Planner Good Team Member In Touch With Self</p> <p>MOST ARTISTIC Sees much, shares little</p>	<p>INFP Mediator</p> <p>Strict Personal Values Seeks Inner Order Creative Non-directive Reserved</p> <p>MOST IDEALISTIC Helper to the hurting</p>	<p>INTP Logician</p> <p>Challenges Others Absent-minded Needs Competency Socially Cautious</p> <p>MOST CONCEPTUAL Loves problem solving</p>
<p>ESTP Entrepreneur</p> <p>Unconventional Fun Gregarious Lives For The Moment Problem Solver</p> <p>MOST SPONTANEOUS The ultimate realist</p>	<p>ESFP Entertainer</p> <p>Sociable Spontaneous Loves Surprises Cuts Red Tape Juggles Many Projects</p> <p>MOST GENEROUS Enjoys the thrill of life</p>	<p>ENFP Campaigner</p> <p>People Oriented Creative Seeks Harmony Life of the Party More Start Than Finish</p> <p>MOST OPTIMISTIC Lives life to the fullest</p>	<p>ENTP Debater</p> <p>Argues Both Sides Brinkmanship Tests The Limits Enthusiastic New Ideas</p> <p>MOST INVENTIVE Loves a challenge</p>
<p>ESTJ Executive</p> <p>Order and Structure Sociable Opinionated Results Driven Producer</p> <p>MOST HARD CHARGING Gets it done now</p>	<p>ESFJ Consul</p> <p>Gracious Good Interpersonal Skills Thoughtful Appropriate Eager To Please</p> <p>MOST HARMONIZING Invites and includes</p>	<p>ENFJ Protagonist</p> <p>Charismatic Compassionate Possibilities For People Ignores The Unpleasant Idealistic</p> <p>MOST PERSUASIVE Successful smooth-talker</p>	<p>ENTJ Commander</p> <p>Visionary Gregarious Argumentative Systems Planners Take Charge</p> <p>MOST COMMANDING Someone others follow</p>

Special thanks to the great minds at www.16personalities.com and **Otto Kroeger Associates** for their creative language that adds depth and description to the Meyers-Briggs Personality Type Indicator.



INTROSPECTION

My Personality Type is: _____ - _____
_____ % _____ % _____ % _____ % - _____ %

How do you feel about the results of your personality test?
Does the description feel like it fits you?

As you read about how your personality type manifests itself in strengths-weaknesses, career paths, workplace habits, friendship, romantic relationships, and parenting at 16personalities.com - what are your thoughts?

Special thanks to Dr. C.G. Jung (Theory of Psychological Types) and Isabel Briggs Myers & Katharine Briggs (Myers-Briggs Personality Type Indicator) for their fantastic contributions to helping human beings better understand themselves!

EXPLORE YOUR POTENTIAL

STRENGTHS AND TALENTS

What is my unique contribution when considering my **strengths and talents**?



INSIGHT

Your personality is about how you are wired, whereas your talents predict in what ways you will win, if you commit to developing these talents into strengths!

What activities have you participated in that feel deeply satisfying and give you a sense of accomplishment? When do you feel most alive? When do you feel successful? When others compliment you, what do they say?

The answers to these questions point to the second puzzle piece of your personal assessment: your personal talent/strength themes.



INTROSPECTION

When your family and friends offer you a compliment, what specific sentiments do they share? *It is likely that your answer to this question is a great start in identifying your areas of greatest strength.*



INSTRUCTION

STRENGTHSQUEST

The purpose of StrengthsQuest (www.strengthsquest.com) is to start you on the path to developing your strengths by helping you discover your most dominant talents. Talents, as they are cultivated over time, will often develop into strengths.

The more dominant the talent, the greater the potential for strength. The Clifton Strengths measures the presence of talents in 34 thematic areas. As the top five themes are identified in an individual's life, this powerful insight will enable each emerging leader to focus their energy on their most dominant talents.

The priority is to focus on developing strengths rather than reversing weaknesses. Through the lens of a strengths-based perspective, Phi Kappa Brothers, particularly for those who find themselves in the Second Investigative Season of Life, are empowered to identify options and create opportunities where their talents can ripen into strengths.

Achiever	Deliberative	Learner
Activator	Developer	Maximizer
Adaptability	Discipline	Positivity
Analytical	Empathy	Relator
Arranger	Focus	Responsibility
Belief	Futuristic	Restorative
Command	Harmony	Self-Assurance
Communication	Ideation	Significance
Competition	Includer	Strategic
Connectedness	Individualization	Woo
Consistency	Input	
Context	Intellection	

If you have taken the StrengthsQuest Assessment, write 1-5 next to your corresponding strengths in this resource guide.



INSTRUCTION

THE FOUR DOMAINS OF LEADERSHIP STRENGTH

As significant as the identification of strengths themes in and of themselves, there is also great value in learning which of the four domains of leadership strength (executing, influencing, relationship building, and strategic thinking) hold your five talents/strengths.

EXECUTING	INFLUENCING	RELATIONAL	STRATEGIC
Achiever	Activator	Adaptability	Analytical
Arranger	Command	Connectedness	Context
Belief	Communication	Developer	Futuristic
Consistency	Competition	Empathy	Ideation
Deliberative	Maximizer	Harmony	Input
Discipline	Self-Assurance	Includer	Intellection
Focus	Significance	Individualization	Learner
Responsibility	Woo	Positivity	Strategic
Restorative		Relator	

Special thanks to Dr. Donald Clifton for his fantastic contribution to helping human beings better understand themselves!



INTROSPECTION

Circle each of your five strengths within the Four Domains of Leadership Strength chart. What does this demonstrate to you about yourself?

EXPLORE YOUR POTENTIAL

CORE VALUES & CALLING

What is my unique contribution when considering my **core values and calling**?



INSTRUCTION

TWELVE CONSIDERATIONS WHEN EXPLORING YOUR POTENTIAL

- **Your Character** (who you are becoming)
- **Your Companions** (who you are with)
- **Your Community** (where you belong)
- **Your Career** (what you do professionally)
- **Your Choices** (what you do personally)
- **Your Competencies** (what you can accomplish)
- **Your Causes** (where you create change)
- **Your Charities** (what you fund and support)
- **Your Contribution** (what difference you make)
- **Your Compass** (who or what guides you)
- **Your Core Values** (what drives and fuels your deepest desires)
- **Your Calling** (why you are here)



INTROSPECTION

As you look at this list of twelve considerations for exploring your purpose, which are the three you most often think about... and which of the twelve considerations are not currently a priority?



INSIGHT

What am I really living for? What is ultimately most important to me? How do I want to be remembered? What do I desire others to say about me at my 90th Birthday Party or even at my funeral? What will be my lasting legacy?

It is only questions of this nature that have the propensity to unearth those deepest desires that are buried deep down inside of us. Sadly, these are questions that we often avoid during adolescence and early adulthood, because they feel unsettling and even scary.

This is unfortunate, because it is these very questions that have the force to awaken those hibernating thoughts of ultimate meaning. Personality temperament and strengths themes can be easily identified with simple online tools, but this final step of completing your personal assessment will be most challenging and will require a bit more courage.

Discovering your core values and calling will be your most important task as a 20 to 40-year-old man, so please take the lessons and exercises of this chapter very seriously.



INSTRUCTION

TWO STEPS FOR ASSESSING CORE VALUES & CALLING

Step #1: The 90th Birthday/Funeral Journal (Core Values)

Step #2: The Personal Mission Statement (Calling)

THE 90TH BIRTHDAY/FUNERAL JOURNAL

EXPECTATION

To answer the question: What do I want to be said of me at the end of my life?

EXERCISE

In an attempt to identify your core values, create a birthday/funeral journal that contains very specific words and thoughts that you would hope others (family, friends, co-workers) would express about you in the final season of your life.

EXAMPLES

Snippets From Dr. Michael Brown's Funeral Journal

I WANT MY WIFE TO SAY

- Although Michael loved serving other people, it was apparent that he was happiest at home with us.
- Michael shared his life with me. I really knew him. All that he felt and thought, I knew.
- Although Michael was so strong and steady – when he was hurting, he wasn't afraid to cry in front of us.
- His dealings with me each day helped me to know God's unconditional love for me. God used Michael as His instrument to love me.
- In the context of Michael's commitment to his career – his greatest passion was to establish a legacy through our family.
- Michael's kindness, gentleness, and patience with me transformed my life.
- Michael's love for God was real. It wasn't just talk. He knew God.
- The powerful principles Michael shared with conference crowds, he lived at home.
- Although people were attracted to Michael as a person and people vied for his time and energy, he never let anyone get closer to him than me.
- Michael's charisma in public translated at home into a pursuit of his family.
- Michael prayed with me and for me daily.
- Michael was the leader in our marriage and our home; he set the environment for all of us – and it was an environment of grace.
- Michael was a great listener, and was quick to encourage, comfort and validate my feelings.
- I was the apple of Michael's eye, and I never doubted that.

I WANT MY CHILDREN TO SAY

- Dad loved Mom more than anyone or anything else.
- Dad was so affectionate with Mom, that at times, we were embarrassed.
- We never remember our Dad saying something on stage that he didn't live at home.
- I can't ever remember a day when Dad didn't tell us "I love you."
- Dad was our greatest fan and biggest cheerleader.
- Dad always made time to just sit, play and talk.
- Dad's work rarely got in the way of special family times and significant activities.
- No matter what Dad was doing or regardless of how busy he was, we always had access into his presence.
- My Dad is my best friend.
- I want to have my parents' marriage.
- When Dad made a mistake, he would always tell us that he was sorry.
- My friends always said he was cool and wished they had a dad like mine.
- I could always talk to my Dad about anything.
- Dad laughed harder than anyone we ever knew.
- Most of what I know about God and faith, I learned from my Dad.
- When my Dad said he would do something, he did it.
- Daughters: I want to marry someone just like my Dad.
- Sons: My Dad taught me how to be a man, and he modeled what that looked like.

I WANT MY BEST FRIENDS TO SAY

- Michael finished the race of life well.
- Michael's life was characterized by integrity, humility, and purity.
- Whenever I needed Michael, he was always right there.
- As I watched Michael's interactions with Teresa and the kids, I got a clearer picture of God's plan for the family.
- Michael was a man of great passion and compassion.
- Michael wasn't afraid to ask the tough questions. He cared too much about me.
- Michael's life vision was focused. He knew his purpose in life and lived each day in light of that purpose.

I WANT MY COLLEAGUES TO SAY

- Michael invested in my life.
- I never felt used or manipulated by Michael to further his career.
- Michael was down to earth. He was real.
- Michael cared about me. He showed it, and he said it.

THE PERSONAL MISSION STATEMENT

EXPECTATION

To answer the question: How do I make certain that my core values are infused into a concise paragraph that best articulates a compelling description of my unique calling?

EXERCISE

Create a Personal Mission Statement

EXAMPLE

Michael Brown's personal mission in life is to be a man of purpose, focus, integrity and character whose public and private worlds are in sync, who passionately demonstrates love for his wife, children and closest friends with selfless service, genuine friendship and the sacrifice of time and verbal expression – and who is actively engaged in developing the leaders of tomorrow in each of the twelve dimensions of their lives, as well as mentoring the next generation of young men into personal wholeness and R.E.A.L. manhood.



INTROSPECTION

Using the 90th Birthday/Funeral Exercise as the backdrop for this next exercise, start the process of identifying big ideas and bold themes that might be eventually included in your personal mission statement.

PERSONAL MISSION STATEMENT WORKSHEET

Conceptualized by Dr. Andy Alt (Dr. Brown's Close Colleague & Co-Creator of the Vanguard Men's Community at BGSU)

The following seven statements are simply examples of ways you might format components of your personal mission statement.

1. "To ... [what you want to achieve, do or become] ... so that ... [reasons why it is important]. I will do this by ... [specific behaviors or actions you can use to get there]."

Example: To give generously of my time, talent and treasure so that others may benefit from my life and gifts. I will do this by seeking opportunities and situations where I might be of meaningful service to others.

2. "I value ...[choose two to three values]... because ...[reasons why these values are important to you]. Accordingly, I will ...[what you can do to live by these values]."

Example: I value loyalty and dedication because relationships and commitment are important to me. I will finish what I start and not back down from a commitment.

3. "To develop and cultivate the qualities of ...[two-three values/ character traits]... that I admire in ...[an influential person in your life]... so that ...[why you want to develop these qualities]."

Example: To develop and cultivate the qualities of a REAL man so that I can positively influence other men, and live a life of purpose.

4. “To live each day with ...[choose one to three values or principles]... so that ...[what living by these values will give you]. I will do this by ...[specific behaviors you will use to live by these values].”

Example: To live each day with perspective and purpose so I am not overwhelmed or discouraged by meaningless moments or circumstances. I will do this through personal reflection, in community with close friends, by believing that my life has great value.

5. “To appreciate and enjoy ...[things you want to appreciate and enjoy more] by ...[what you can do to appreciate and enjoy these things].”

Example: To appreciate and enjoy quiet moments by closing my eyes and breathing deeply and slowly.

6. “To treasure above all else ...[most important things to you] by ...[what you can do to live your priorities].”

Example: To treasure above all else my family, friends, and new acquaintances by serving, sharing, and listening more than speaking.

7. “To be known by ...[an important person/group]... as someone who is ...[qualities you want to have]...; by ...[some other person/group]... as someone who is ...[other qualities].”

Example: To be known by all who meet me as someone who appreciates life; by my wife as a man of integrity; by my sons as a tender warrior; by my friends as a trusted confidant; and by those with whom I work as a selfless servant.

EXECUTE YOUR PLAN

YOUR LIFE

How can I really make a difference?



INSIGHT

At this point in Module 1, you have completed the most challenging and time-consuming work of *discovering yourself*.

Remember: perspective is 80% of the work to experiencing transformational change in your life, and the remaining 20% of the journey is about implementing a proactive plan of Five Best Practices.

WORD OF CAUTION

If you choose to rush through the slow and reflective process of investing in the Comprehensive Personal Assessment (personality, talents/strengths, core values, and calling) of Chapters 3-5, you will inevitably run out of steam and fail to sustain the following best practices: *Acknowledging, Asking, Activating, Acting, and Assessing!*

That noted, to execute a life plan that values the uniqueness of who you are, continues to reflect your personal calling, and fuels your ability to make a real difference – there is a five-step process that should be repeated and replicated over and over and over again.



INSTRUCTION

5 BEST PRACTICES

- Best Practice #1: *Acknowledging*
- Best Practice #2: *Asking*
- Best Practice #3: *Activating*
- Best Practice #4: *Acting*
- Best Practice #5: *Assessing*

BEST PRACTICE #1: ACKNOWLEDGING

How do I currently spend my time?

The big difference between **urgent** and **important**.

URGENT

visible, pressing matters
right in front of us
emphasis on activity
reacting to

IMPORTANT

invisible, non-pressing matters
often in the background
emphasis on mission and values and real results
acting upon

COVEY'S TIME MANAGEMENT MATRIX

URGENT

NOT URGENT



Quadrant I urgent and important

Quadrant III urgent, but not important

Quadrant IV not urgent and not important

Quadrant II important, but never urgent



INTROSPECTION

What one thing could you do (that you aren't doing now) – that if you did on a regular basis would make a tremendous, positive difference in your personal life? Your character? Your spiritual life? Your relationships? Your personal development? That would contribute to the fulfillment of your personal mission statement?



INTERACTION

What do you think of these two quotes?

“I see a startling number of exhausted, mentally empty people who have stopped growing and are spending their lives in the pursuit of little more than amusement. I use the word amusement, because of its literal meaning: ‘function without thought.’”

GORDON MACDONALD

“Leisure and amusement may be enjoyable, but they are to the private world of the individual like cotton candy to the digestive system. They provide a momentary lift, but they do not last.”

GORDON MACDONALD

BEST PRACTICE #2: ASKING

What should be the *big rocks* in my schedule?



INTROSPECTION

In light of the earliest conceptualization of your emerging personal mission statement, what do you imagine would be some of your Quadrant Two activities?

BEST PRACTICE #3: ACTIVATING

Putting the *big rocks* into my weekly schedule first!

A WISE THOUGHT

The key is not to prioritize what is on my schedule, but to schedule my priorities.

DR. STEPHEN COVEY

A WEEKLY TASK

Take *thirty minutes* at the beginning of each week to decide: “What do I want to be true of this next week? Where will I choose to invest this week? How will my personal mission statement be lived out this week?”

BEST PRACTICE #4: ACTING

Sticking to and staying true to the pre-planned weekly schedule!



INTROSPECTION

What has been your personal experience with the notion of sticking to a schedule?
What do you find most often sabotages your personal desire to maintain consistency
in following through with your pre-determined choices?



INTERACTION

Share: What do you imagine will be the biggest struggle
with actually **acting** out this step of the plan?

BEST PRACTICE #5: ASSESSING

Regular Evaluation: How am I doing and is this working?

THREE WEEKLY QUESTIONS

ASSESSING MY PERSPECTIVE

1 How am I living?

2 Who am I becoming?

3 What am I truly accomplishing?

ASSESSING MY PROACTIVITY

1 What are my priorities for this coming week?

2 Where have I been out-of-balance?

3 Where do I need to adjust things a bit?



INSIGHT

There will be amazing benefits to implementing these five routines into your daily and weekly rhythm, beginning with these four immediate results:

- 1 You will actually have more free time and more opportunity for spontaneity.
- 2 You will diminish your stress level as you live each day with purposeful intention.
- 3 You will learn to say yes and no at appropriate times.
- 4 You will lie down to bed at night feeling fulfilled and satisfied, instead of numb and unproductive.



INTROSPECTION

Consider which one of these four results you feel would be immediately most beneficial for you in your current season of life.



MODULE TWO

DEVELOP YOURSELF

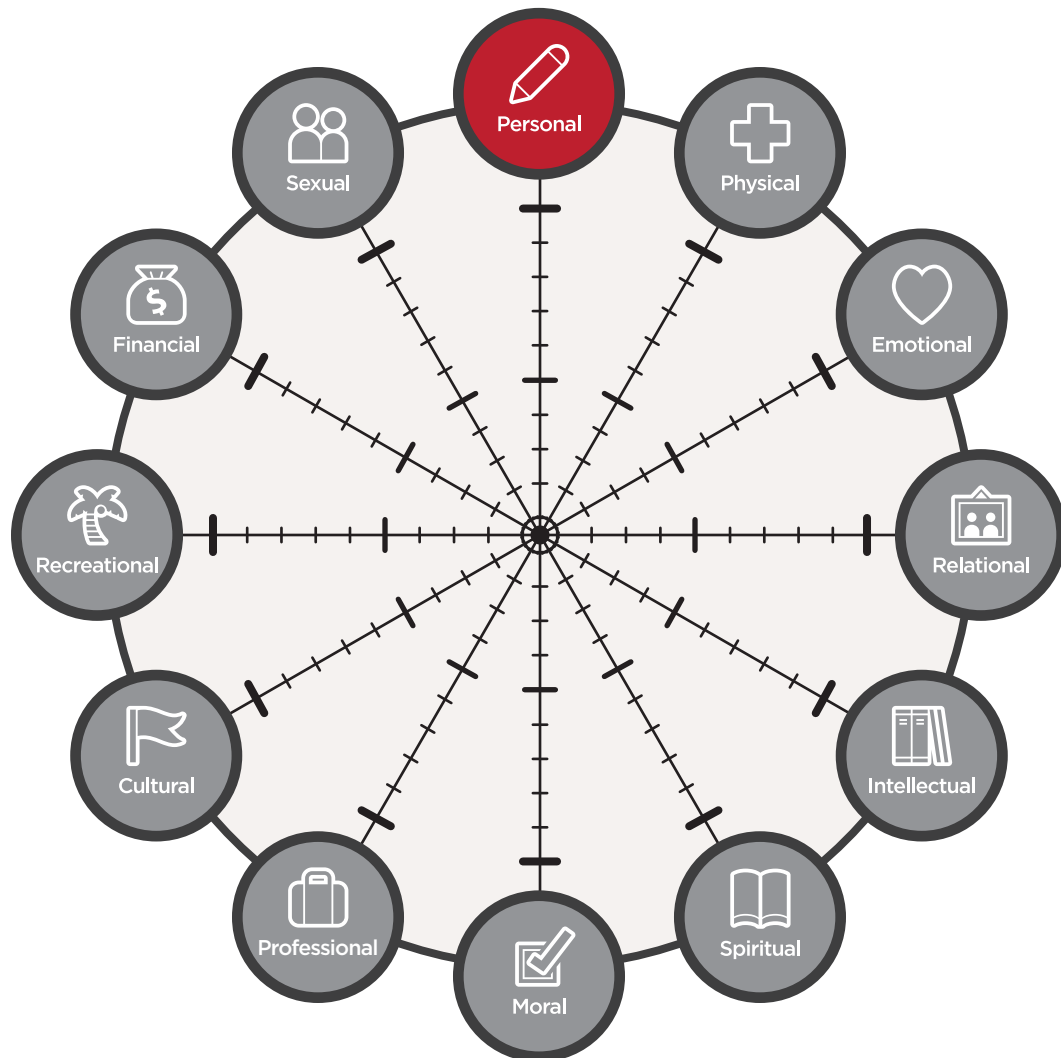
**Inspiration & Instructions on
Becoming Your Best Self**

THE PERSONAL DIMENSION



IDEA

The **Personal Dimension** is the aspect of a man's life that focuses on his unique personality, distinct strength-talent themes, and core values.





INTRODUCTION

You are unique. There is only one of you on the planet, and this world needs you. Only you have your one-of-a-kind personality. Only you have your distinct combination of strengths. And only you have your specific composite of core values and passions.

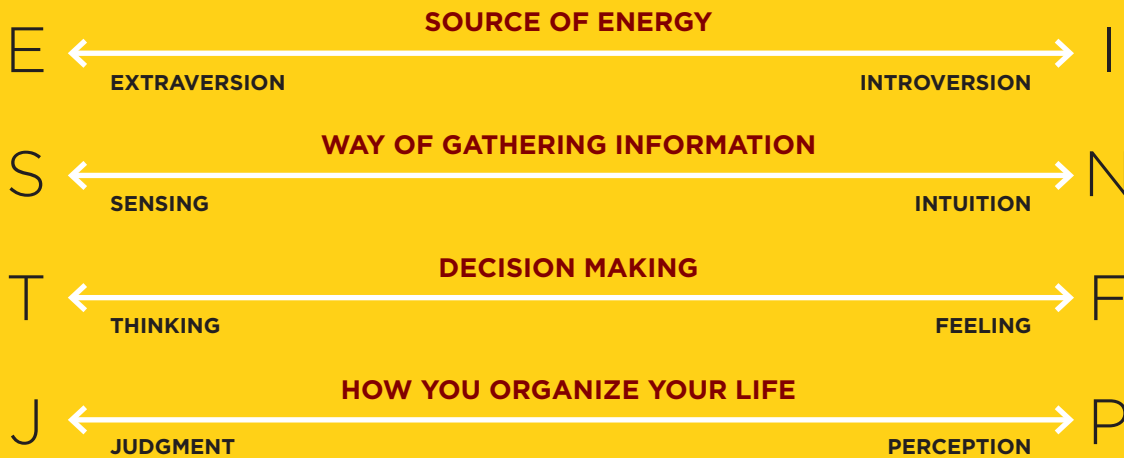


IDEA

So what is my unique contribution when considering **my personality**? The Meyers-Briggs Personality Type Indicator is a time-tested tool available to learn more about the 16 general personality types, as well as helping individuals identify their own personality composite. Visit 16personalities.com.

My Personality Type is: _____ - _____
_____ % _____ % _____ % _____ % - _____ %

FOUR PREFERENCES



IDENTITY



<p>ISTJ Logistician</p> <p>Organizer Compulsive Private Trustworthy Practical</p> <p>MOST RESPONSIBLE Does what needs done</p>	<p>ISFJ Defender</p> <p>Amiable Behind The Scenes Ready To Sacrifice Accountable Prefers Doing</p> <p>MOST LOYAL High sense of duty</p>	<p>INFJ Advocate</p> <p>Reflective Introspective Quietly Caring Creative Linguistically Gifted</p> <p>MOST CONTEMPLATIVE Inspiration to others</p>	<p>INTJ Architect</p> <p>Theory Based Skeptical "My Way" Needs Competency World Is A Chessboard</p> <p>MOST INDEPENDENT Everything can improve</p>
<p>ISTP Virtuoso</p> <p>Very Observant Cool and Aloof Hands-On Practicality Unpretentious Ready For Whatever</p> <p>MOST PRAGMATIC Will try anything once</p>	<p>ISFP Adventurer</p> <p>Warm and Sensitive Unassuming Short Range Planner Good Team Member In Touch With Self</p> <p>MOST ARTISTIC Sees much, shares little</p>	<p>INFP Mediator</p> <p>Strict Personal Values Seeks Inner Order Creative Non-directive Reserved</p> <p>MOST IDEALISTIC Helper to the hurting</p>	<p>INTP Logician</p> <p>Challenges Others Absent-minded Needs Competency Socially Cautious</p> <p>MOST CONCEPTUAL Loves problem solving</p>
<p>ESTP Entrepreneur</p> <p>Unconventional Fun Gregarious Lives For The Moment Problem Solver</p> <p>MOST SPONTANEOUS The ultimate realist</p>	<p>ESFP Entertainer</p> <p>Sociable Spontaneous Loves Surprises Cuts Red Tape Juggles Many Projects</p> <p>MOST GENEROUS Enjoys the thrill of life</p>	<p>ENFP Campaigner</p> <p>People Oriented Creative Seeks Harmony Life of the Party More Start Than Finish</p> <p>MOST OPTIMISTIC Lives life to the fullest</p>	<p>ENTP Debater</p> <p>Argues Both Sides Brinkmanship Tests The Limits Enthusiastic New Ideas</p> <p>MOST INVENTIVE Loves a challenge</p>
<p>ESTJ Executive</p> <p>Order and Structure Sociable Opinionated Results Driven Producer</p> <p>MOST HARD CHARGING Gets it done now</p>	<p>ESFJ Consul</p> <p>Gracious Good Interpersonal Skills Thoughtful Appropriate Eager To Please</p> <p>MOST HARMONIZING Invites and includes</p>	<p>ENFJ Protagonist</p> <p>Charismatic Compassionate Possibilities For People Ignores The Unpleasant Idealistic</p> <p>MOST PERSUASIVE Successful smooth-talker</p>	<p>ENTJ Commander</p> <p>Visionary Gregarious Argumentative Systems Planners Take Charge</p> <p>MOST COMMANDING Someone others follow</p>

Special thanks to the great minds at www.16personalities.com and **Otto Kroeger Associates** for their creative language that adds depth and description to the Meyers-Briggs Personality Type Indicator.



INTROSPECTION

How do you feel about the results of your personality test?

Does the description feel like it fits you?

As you read about how your personality type manifests itself in strengths-weaknesses, career paths, workplace habits, friendship, romantic relationships, and parenting at **16personalities.com** - what are your thoughts?

Special thanks to Dr. C.G. Jung (Theory of Psychological Types) and Isabel Briggs Myers & Katharine Briggs (Myers-Briggs Personality Type Indicator) for their fantastic contributions to helping human beings better understand themselves!



IDEA

Your personality is about how you are wired, whereas your talents predict in what ways you will win, if you commit to developing these talents into strengths!



INTROSPECTION

What activities have you participated in that feel deeply satisfying and give you a sense of accomplishment?

When do you feel most alive? When do you feel successful?

When others compliment you, what do they say?

The answers to these reflective questions often hint to the nature of your personal talent/strength themes.



INSTRUCTION

STRENGTHSQUEST

The purpose of StrengthsQuest (www.strengthsquest.com) is to start you on the path to developing your strengths by helping you discover your most dominant talents. Talents, as they are cultivated over time, will often develop into strengths.

The more dominant the talent, the greater the potential for strength. The Clifton Strengths measures the presence of talents in 34 thematic areas. As the top five themes are identified in an individual's life, this powerful insight will enable each emerging leader to focus their energy on their most dominant talents. The priority is to focus on developing strengths rather than reversing weaknesses.

Through the lens of a strengths-based perspective, Phi Kappa Brothers, particularly for those who find themselves in the Second Investigative Season of Life, are empowered to identify options and create opportunities where their talents can ripen into strengths.

Achiever	Deliberative	Learner
Activator	Developer	Maximizer
Adaptability	Discipline	Positivity
Analytical	Empathy	Relator
Arranger	Focus	Responsibility
Belief	Futuristic	Restorative
Command	Harmony	Self-Assurance
Communication	Ideation	Significance
Competition	Includer	Strategic
Connectedness	Individualization	Woo
Consistency	Input	
Context	Intellection	

If you have taken the StrengthsQuest Assessment, write 1-5 next to your corresponding strengths in this resource guide.



INSTRUCTION

THE FOUR DOMAINS OF LEADERSHIP STRENGTH

As significant as the identification of strengths themes in and of themselves, there is also great value in learning which of the four domains of leadership strength (executing, influencing, relationship building, and strategic thinking) hold your five talents/strengths.

EXECUTING	INFLUENCING	RELATIONAL	STRATEGIC
Achiever	Activator	Adaptability	Analytical
Arranger	Command	Connectedness	Context
Belief	Communication	Developer	Futuristic
Consistency	Competition	Empathy	Ideation
Deliberative	Maximizer	Harmony	Input
Discipline	Self-Assurance	Includer	Intellection
Focus	Significance	Individualization	Learner
Responsibility	Woo	Positivity	Strategic
Restorative		Relator	

Special thanks to Dr. Donald Clifton for his fantastic contribution to helping human beings better understand themselves!



INTERACTION

Circle each of your five strengths within the Four Domains of Leadership Strength chart. What does this demonstrate to you about yourself?



IDEA

Personality types and strength-talent themes can be easily identified through scientific assessments. However, your **core values** reflect the deepest cares and most profound concerns within your spirit that are intensely felt, but more challenging to measure.



INSIGHT

What am I really living for? What is ultimately most important to me? How do I want to be remembered? What do I desire others to say about me at my 90th Birthday Party or even at my funeral? What will be my lasting legacy?

It is only questions of this nature that have the propensity to unearth those deepest desires that are buried deep down inside of us. Sadly, these are questions that we often avoid during adolescence and early adulthood, because they feel unsettling and even scary.

This is unfortunate, because it is these very questions that have the force to awaken those hibernating thoughts of ultimate meaning. Personality temperament and strengths themes can be easily identified with simple online tools, but this final step of completing your personal assessment will be most challenging and will require a bit more courage.



INSTRUCTION

ASSESSING YOUR CORE VALUES

The 90th Birthday/Funeral Journal (Core Values)

EXPECTATION

To answer the question: What do I want to be said of me at the end of my life?

THE 90TH BIRTHDAY/FUNERAL JOURNAL (CONT.)

EXERCISE

In an attempt to identify your core values, create a birthday/funeral journal that contains very specific words and thoughts that you would hope others (family, friends, co-workers) would express about you in the final season of your life.

EXAMPLES

Snippets From Dr. Michael Brown's Funeral Journal

I WANT MY WIFE TO SAY

- Although Michael loved serving other people, it was apparent that he was happiest at home with us.
- Michael shared his life with me. I really knew him. All that he felt and thought, I knew.
- Although Michael was so strong and steady – when he was hurting, he wasn't afraid to cry in front of us.
- His dealings with me each day helped me to know God's unconditional love for me. God used Michael as His instrument to love me.
- In the context of Michael's commitment to his career – his greatest passion was to establish a legacy through our family.
- Michael's kindness, gentleness, and patience with me transformed my life.
- Michael's love for God was real. It wasn't just talk. He knew God.
- The powerful principles Michael shared with conference crowds, he lived at home.
- Although people were attracted to Michael as a person and people vied for his time and energy, he never let anyone get closer to him than me.
- Michael's charisma in public translated at home into a pursuit of his family.
- Michael prayed with me and for me daily.
- Michael was the leader in our marriage and our home; he set the environment for all of us – and it was an environment of grace.
- Michael was a great listener, and was quick to encourage, comfort and validate my feelings.
- I was the apple of Michael's eye, and I never doubted that.

I WANT MY CHILDREN TO SAY

- Dad loved Mom more than anyone or anything else.
- Dad was so affectionate with Mom, that at times, we were embarrassed.
- We never remember our Dad saying something on stage that he didn't live at home.
- I can't ever remember a day when Dad didn't tell us "I love you."
- Dad was our greatest fan and biggest cheerleader.
- Dad always made time to just sit, play and talk.
- Dad's work rarely got in the way of special family times and significant activities.
- No matter what Dad was doing or regardless of how busy he was, we always had access into his presence.
- My Dad is my best friend.
- I want to have my parents' marriage.
- When Dad made a mistake, he would always tell us that he was sorry.
- My friends always said he was cool and wished they had a dad like mine.
- I could always talk to my Dad about anything.
- Dad laughed harder than anyone we ever knew.
- Most of what I know about God and faith, I learned from my Dad.
- When my Dad said he would do something, he did it.
- Daughters: I want to marry someone just like my Dad.
- Sons: My Dad taught me how to be a man, and he modeled what that looked like.

I WANT MY BEST FRIENDS TO SAY

- Michael finished the race of life well.
- Michael's life was characterized by integrity, humility, and purity.
- Whenever I needed Michael, he was always right there.
- As I watched Michael's interactions with Teresa and the kids, I got a clearer picture of God's plan for the family.
- Michael was a man of great passion and compassion.
- Michael wasn't afraid to ask the tough questions. He cared too much about me.
- Michael's life vision was focused. He knew his purpose in life and lived each day in light of that purpose.

I WANT MY COLLEAGUES TO SAY

- Michael invested in my life.
- I never felt used or manipulated by Michael to further his career.
- Michael was down to earth. He was real.
- Michael cared about me. He showed it, and he said it.



ACTION PLAN: PERSONAL DIMENSION

My immediate choice (start or stop) in the **Personal Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

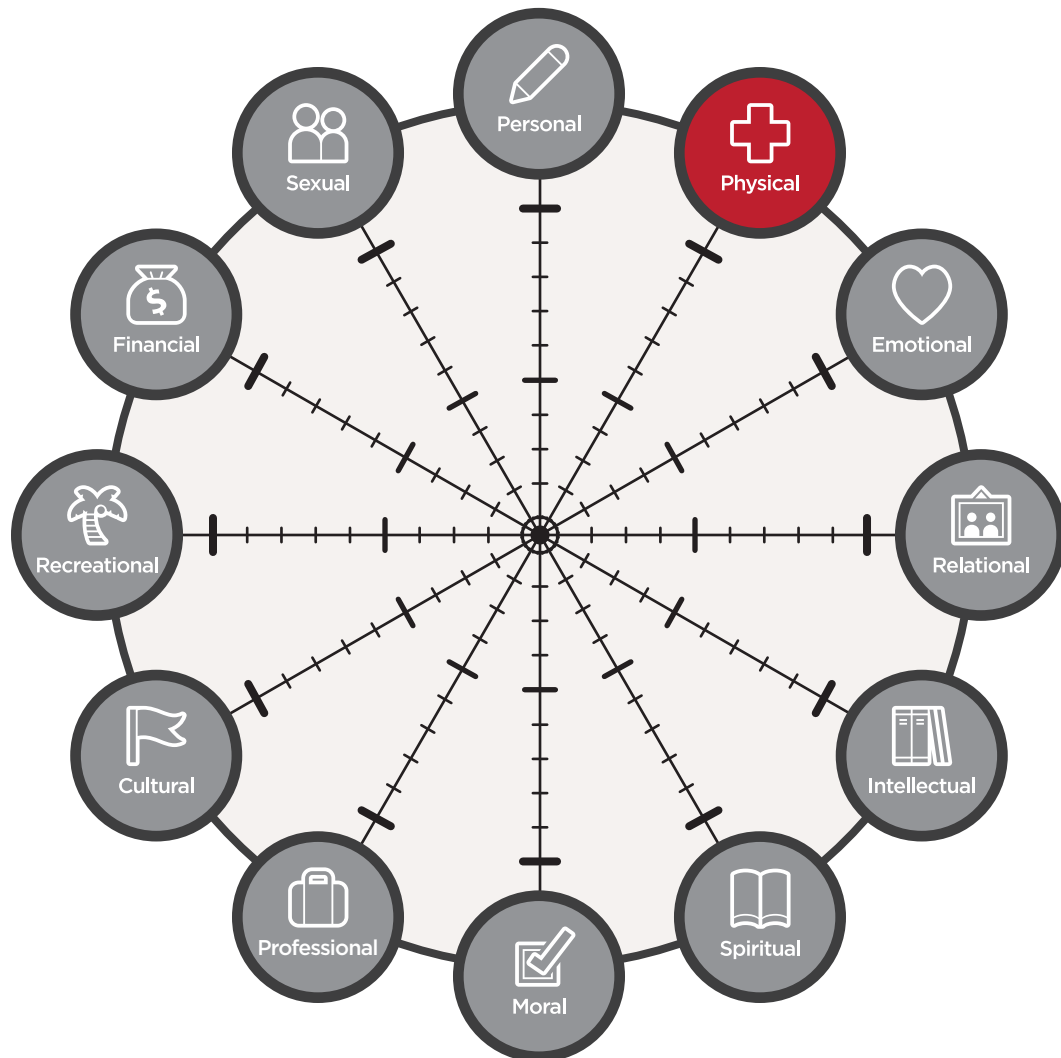
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE PHYSICAL DIMENSION



IDEA

The **Physical Dimension** is the aspect of a man's life that focuses on his choices in regards to food consumption, exercise routines, and sleep patterns.





INTRODUCTION

There is only one thing that keeps you here on this planet: your physical body.

When all of your eleven organ systems (circulatory, respiratory, digestive, excretory, nervous, endocrine, immune, integumentary, skeletal, muscle, and reproductive) are nourished, fit, and healthy – you have the strongest probability of being your best self.

However, when the physical dimension of your life is neglected, mistreated, or harmed by substandard sources of food-fuel, faulty sleep rhythms, and/or insufficient movement and exercise – your opportunities in life will be obstructed and your personal possibilities will be restricted.



INSTRUCTION

The Epidemic of Gluttony in America

The English word gluttony is a translation of the Hebrew word **nepes**, which has a variety of meanings, including one's appetite or one's cravings, and even in some writings, the *entirety of one's physical life*. However, the common thread is **excess and overindulgence**.

DR. MICHAEL BROWN'S DEFINITION OF GLUTTONY

an excessive physical indulgence that attempts to satisfy an unrelated and often deeper craving.

Note: Don't believe the myth that only physically overweight individuals struggle with gluttony.

Gluttony, in the broadest sense, is any *physical activity or inactivity* taken to extremes and pursued in excess to numb the pain or forget personal disappointment or dissatisfaction. The four most common manifestations of gluttony are choices in regards to food, alcohol, sleep, and leisure.



INTROSPECTION

In what ways might gluttony manifest itself in your life?

As you think about the current condition of your physical body, what letter grade would you assign yourself: (ex: A, A-, B+, C...)?

What are the most significant factors that you considered when grading yourself?



INTROSPECTION

Food & Eating Quiz

Put the correct letter (A=Always; O=Occasionally; R=Rarely; N=Never) next to the corresponding food choice.

- ___ I regularly eat past the point of being full.
- ___ I find myself snacking in-between meals, even when I'm not hungry.
- ___ I give into cravings for sweets, even when I promised myself I wouldn't eat them.
- ___ I regularly eat more than I decided beforehand that I would.
- ___ I regularly have trouble falling asleep at night without a snack.
- ___ I regularly feel guilty about the kinds and amounts of food I am consuming.
- ___ I become less interactive and sociable after I eat a big meal.
- ___ At special occasions, I'm more excited about the food than I am about seeing people.
- ___ I have certain comfort foods that I go to in order to put myself in a better mood.
- ___ I tend to eat more when I am feeling unmotivated, sad, disappointed or depressed.



INSTRUCTION

Best Principles & Practices of Food and Nutrition

- Food is fuel.
- Fitness begins with the fork.
- Abs are made in the kitchen.
- Diets are dumb.
- Every bite counts.
- The Five S's to Healthy Eating:
 - 1 Study the **Substance**
 - 2 Limit **Size**
 - 3 Minimize **Servings**
 - 4 Keep it **Simple**
 - 5 Decrease **Sugar**
- Eat to live. Do not live to eat.
- Decide what you are going to eat at the beginning of each day.
- What if: No eating after dinner?
- Three big metabolism threats: more than one alcoholic drink, soda pop, and processed snacks
- Best Weight Loss Strategy: Decrease food complexity + Decrease food calories

Best Principles & Practices of Sleep and Rest

- Grade school revisited: Bed times are not just for kids.
- Rise and shine the same time every day, even if you're tired
- Find your sleep hour number and stick to it
- Discovering your wind-down and wind-up ritual
- What research tells us about less-than-six and more-than-ten hours of sleep each night: decreased life span
- Sleep-deprived men eat an average of 300 more calories a day than those who are rested.

Best Principles & Practices of Exercise and Physical Activity

- Goal #1: Build Strength
- Goal #2: Manage Weight

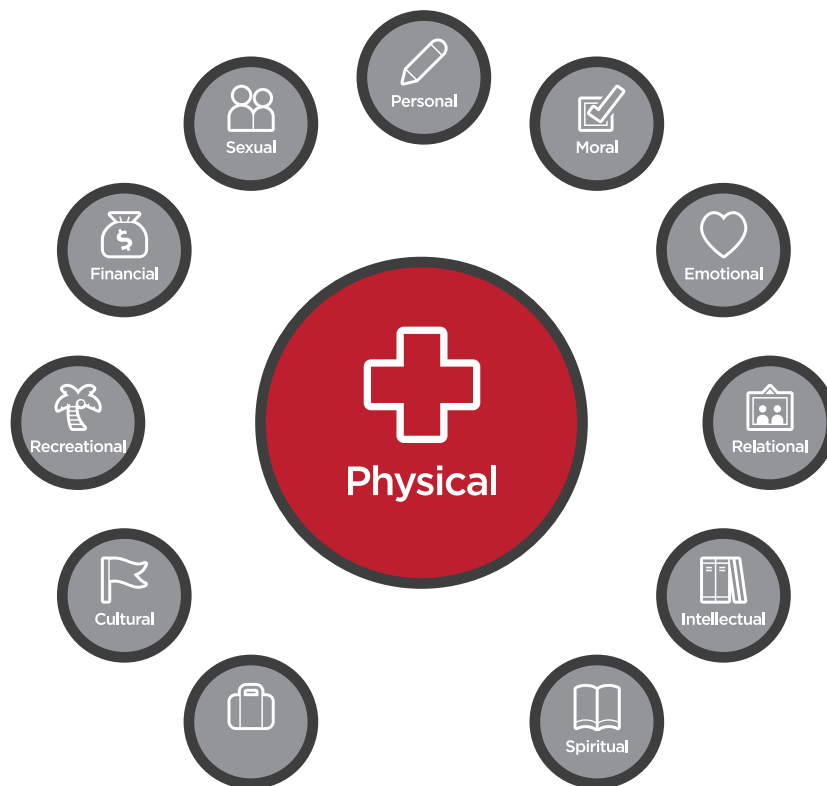
The Benefits of Exercise: stress relief, mental alertness, self-image and confidence, closer friendships, creativity, hormonal goodness, spiritual vitality, romantic satisfaction, and career success/advancement.



INSTROPECTION

For just a few moments, theoretically consider how choices in the physical dimension of life might intersect with the other eleven dimensions.

Draw a line from the physical dimension to as many of the other dimensions that you feel are likely affected by food, sleep or exercise choices.



Introspection

What did you discover about the significance of the physical dimension?



Five Summary Considerations

- 1 While “no pain, no gain” is overstated, discomfort and hunger are inevitable.
- 2 A lack of self-control in these three arenas (eating, sleeping and exercise) will bleed over into every area of your life.
- 3 The decisions you make during the Second Season of Life will be more of the same throughout your entire life. Do something now. Strength training, weight management, sleep routines, and food choices will only get harder with each passing year!
- 4 For many young men, this dimension is the most challenging to improve. Draw strength from the other eleven dimensions in achieving your goals in this physical dimension.
- 5 Results is about **Dreams** (what do I want?), **Decisions** (what will be my very next choice?), and **Discipline** (what will I do when I don't feel like it?).



ACTION PLAN: PHYSICAL DIMENSION

My immediate choice (start or stop) in the **Physical Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

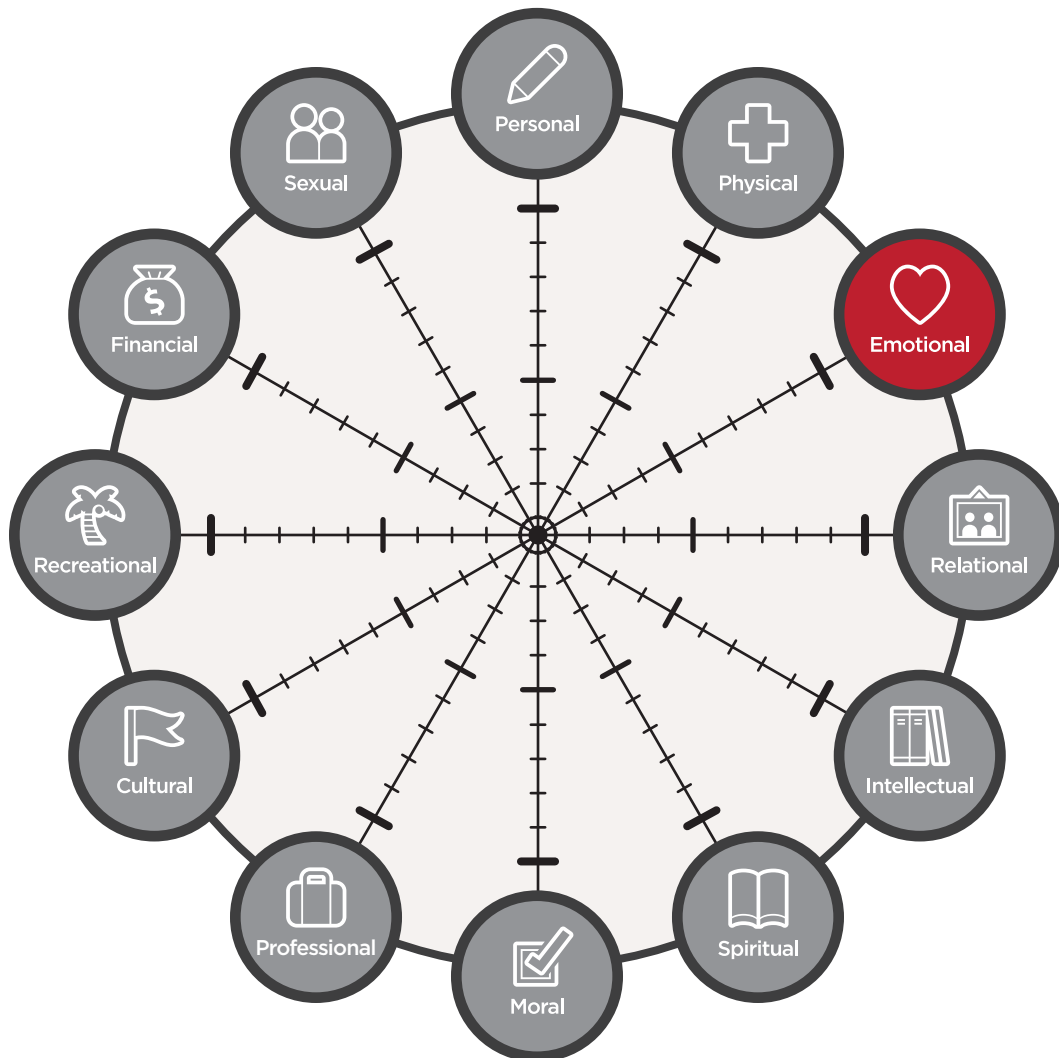
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE EMOTIONAL DIMENSION



IDEA

The **Emotional Dimension** is the aspect of a man's life that focuses on his choices to manage and express positive and negative feelings that inevitably surface inside of him at any given moment.





INTRODUCTION

We are wired as emotional beings. However, men of all ages often struggle with personally interpreting and publicly articulating their feelings.

Extremely positive feelings can feel awkward to express, and unpleasant emotions are often too embarrassing to share with others. Men who tend to thrive in all four seasons of life are those who have learned to nurture the emotional dimension of themselves.



INTROSPECTION

The 33 Feelings Exercise

Please respond to at least ten of the following prompts:

I feel most *bored* when...

I feel most *content* when...

I feel most *crushed* when...

I feel most *aggressive* when...

I feel most *hesitant* when...

I feel most *tearful* when...

I feel most *amazed* when...

I feel most *comforted* when...

I feel most *wonderful* when...

I feel most *satisfied* when...

I feel most *sulky* when...

I feel most *secure* when...

I feel most *affectionate* when...

I feel most *brave* when...

I feel most *cheerful* when...

I feel most *impulsive* when...

I feel most *hopeful* when...

I feel most *peaceful* when...

I feel most *irritated* when...

I feel most *empty* when...

I feel most *humiliated* when...

I feel most *inspired* when...

I feel most *blessed* when...

I feel most *anxious* when...

I feel most *concerned* when...

I feel most *paralyzed* when...

I feel most *heartbroken* when...

I feel most *playful* when...

I feel most *delighted* when...

I feel most *pessimistic* when...

I feel most *upset* when...

I feel most *restless* when...

I feel most *optimistic* when...



INSTRUCTION

MAN-AGING Emotions 101

SEVEN CATEGORIES OF MAN-EMOTIONS

- 1 Happiness*
- 2 Sadness
- 3 Fear*
- 4 Anger
- 5 Worry
- 6 Love
- 7 Frustration*

*For further reflection, refer to these three additional Instruction sections within this chapter: Cultivating Happiness, Facing Your Fears, and Dealing with Frustration.

SEVEN COMMENTS ABOUT MAN-EMOTIONS

- 1 Emotions are a completely normal part of the human experience.
- 2 Emotions should not be judged as good or bad.
- 3 Emotions will shape thoughts, which will then often trigger behaviors.
- 4 Emotions will fluctuate in regards to frequency and intensity.
- 5 Emotions are not always an accurate reflection of reality.
- 6 Emotions are like the flashing red engine light on the dashboard of a car.
- 7 Emotions should not be met with an impulsive reaction, but an intentional response.

SEVEN CONSEQUENCES OF IGNORING MAN-EMOTIONS

- 1 Increased stress levels
- 2 Increased isolation from people
- 3 Increased need for control of circumstances
- 4 Increased probability of imploding or exploding
- 5 Increased physical and/or mental health issues
- 6 Increased confusion about reality
- 7 Decreased ability to experience the breadth of the human experience

SEVEN UNHEALTHY COPING MECHANISMS FOR NEGATIVE MAN-EMOTIONS

- 1 *Stuffing* feelings deeper inside to *ignore* negative emotions
- 2 *Relating* passive-aggressively with loved ones to *dodge* negative emotions
- 3 *Behaving* recklessly and sometimes violently to *attack* negative emotions
- 4 *Abusing* alcohol and drugs to *escape* negative emotions
- 5 *Pursuing* sexual pleasure to *bypass* negative emotions
- 6 *Escaping* to entertainment alternatives to *evade* negative emotions
- 7 *Indulging* in comfort food to *insulate* oneself from negative emotions

SEVEN COMMON MISPERCEPTIONS ABOUT MAN-EMOTIONS

- 1 Emotions are for women
- 2 Emotions are for wimps
- 3 Emotions are for whiners
- 4 Emotions are a sign of weakness
- 5 Emotions are a result of woundedness
- 6 Emotions require too much work
- 7 Emotions should not be welcomed

TEN CONSTRUCTIVE STRATEGIES FOR MANAGING MAN-EMOTIONS

- 1 Accept and appreciate the reality that life is a mixed bag of positive and negative experiences that will trigger ongoing emotional responses as a human being
- 2 Know your limits and prioritize self-care in all twelve dimensions of life
- 3 Increase the frequency and intensity of positive emotions through enjoyable and energizing activities
- 4 Take time to journal about your emotions; record, reflect, and rate feelings
- 5 Normalize conversations about the what, when, who, and why of your feelings
- 6 Risk transparency and vulnerability with close friends; ask for help when you need it
- 7 Challenge negative emotions; then channel them as fuel for change, proactivity, and problem-solving
- 8 Explore the art of mindfulness
- 9 Prioritize meditation and/or prayer
- 10 Practice gratitude every day; gratitude = happiness



INTROSPECTION

Rank from 1 (Most Often) to 7 (Least Often) the frequency of your experience with each of these primary emotions.

___ Happiness

___ Worry

___ Sadness

___ Love

___ Fear

___ Frustration

___ Anger



INTERACTION

Reflect on your #1 and #7, including the why's, the what's, then when's, and the with whom's do you most often feel these two reoccurring emotions.



INTROSPECTION

For you personally, which of the seven unhealthy coping mechanisms do you most often utilize when overwhelmed by negative emotions?

Which of the **seven common misperceptions** about emotions mess with your head as you struggle as a young man to manage and express your emotions?



INSTRUCTION: THE CHASE AFTER HAPPINESS

The provocative premise: every thought, feeling and action is intertwined with every man's ultimate hope for happiness.

TWO DISTINCT PARADIGMS OF HAPPINESS

Traditional: Happiness is the goal of life.

Unconventional: Happiness is merely a side-effect of a life lived well.

THREE IMPORTANT PRINCIPLES TO CONSIDER

- 1 Happiness is a product of desirable circumstances, while joy is a product of determined choices.
- 2 A chase is often more erratic, frantic and impulsive, while a pursuit tends to be more thoughtful, strategic and intentional.
- 3 Happiness might never be caught, discovered or truly found.

WHERE GUYS LOOK FOR HAPPINESS

- 1 Position/Title (to feel significant)
- 2 Power (to feel in control)
- 3 Intimacy/Sex (to feel desired)
- 4 Money (to feel secure)
- 5 Respect (to feel affirmed)

FOUR HAPPINESS KILLERS

- 1 Grumbling (a general sense of discontentment)
- 2 Complaining (an articulated whine of dissatisfaction)
- 3 Greed (an accumulation of possessions, people, power and position in an attempt to divert discontentment and dissatisfaction)
- 4 Worry (a nagging concern that discontentment and dissatisfaction will never go away)

FOUR HAPPINESS BOOSTERS

- 1 Reject Entitlement
- 2 Choose Contentment
- 3 Pursue Joy
- 4 Practice Gratitude

THREE FINAL CHALLENGES

- 1 Replace your frenzied chase after tomorrow with a focused pursuit of today.
- 2 Stop chasing after a hope for happiness tomorrow; instead pursue worthwhile ventures today.
- 3 Resist the lie of saying "later" and the temptation of thinking "tomorrow." Live in this moment.



INSTRUCTION: FACE YOUR FEAR

LOOKING AT FEAR

The unsettling sense that something damaging or destructive is going happen to me or others, either as a result of choices or circumstances... prompting an impulse to flee (avoid) or fight (act).

LIES ABOUT FEAR

- 1 Fear is a sign of weakness for men.
- 2 The presence of fear in my life is a negative thing.
- 3 Most of my fears will come true.
- 4 My fears have the power to shape my reality.

LAYERS OF FEAR

Layer #1: Uneasy & Apprehensive

Layer #2: Concerned & Nervous

Layer #3: Anxious & Troubled

Layer #4: Worried & Upset

Layer #5: Isolated & Immobilized

LIVING & LEADING THROUGH FEAR

IDENTIFY your fears

INVESTIGATE your fears

INCRIMINATE your fears

LESSONS ABOUT FEAR

- 1 Fear doesn't decide; you do!
- 2 Fear will always be present in your life.
- 3 Your fear is not unique; others share the same struggle.
- 4 Fears are far scarier in the dark than in the light.
- 5 Leverage your fear as fuel for positive change.



INSTRUCTION: I'M SO FRUSTRATED

DEFINING FRUSTRATION

The uncomfortable sense that emerges from the unsettling awareness that something is not right due to unmet expectations.

DECODING THE COMMONS CAUSES OF FRUSTRATION

- 1 Unmet expectations for comfort
- 2 Unmet expectations for control
- 3 Unmet expectations for convenience
- 4 Unmet expectations for compliments
- 5 Unmet expectations for companionship

DESCRIBING THE CONSEQUENCES OF UNRESOLVED FRUSTRATION

- 1 Pursuit of quick relief to numb the pain
- 2 Sulking, whining, and/or complaining
- 3 Pessimistic attitude toward life
- 4 Passive-aggressive response to tension in relationships
- 5 Lack of motivation for personal improvement or progress

DISCUSSING THE FIVE CHOICES TO DIFFUSING FRUSTRATION

Step #1 ASK why, who or what is causing this frustration

- Understanding that frustration is the symptom and not the problem
- Inviting friends into the discovery of the root causes

Step #2 ACKNOWLEDGE realities of life

- Accepting that life is difficult and challenging
- Realizing this fact: I am not the center of the universe
- Reflecting on the notion that I don't deserve an easy and pain-free life

Step #3 ADMIT benefits of these realities

- Frustration can be channeled as fuel for improvement
- Tough circumstances are often gifts in disguise

Step #4 ACCEPT the things you cannot change

- Don't waste too much energy on trying to alter cemented circumstances
- Remember: people might change, but people never change people

Step #5 ACT on the things you can change

- Cultivate a positive outlook and helpful attitude
- Maintain a proactive and problem-solving posture
- Practice gratitude every day
- Invest time and energy in self-care and close friendships



INTROSPECTION: FEELINGS INVENTORY

OPEN

understanding	easy	sympathetic	receptive
confident	amazed	interested	accepting
reliable	free	satisfied	kind

HAPPY

great	delighted	festive	sunny
gay	overjoyed	ecstatic	merry
joyous	gleeful	satisfied	elated
lucky	thankful	glad	jubilant
fortunate	important	cheerful	

ALIVE

playful	optimistic	frisky	wonderful
courageous	provocative	animated	
energetic	impulsive	spirited	
liberated	free	thrilled	

GOOD

calm	encouraged	certain	blessed
peaceful	clever	relaxed	reassured
at ease	surprised	serene	
comfortable	content	free and easy	
pleased	quiet	bright	

LOVE

loving	devoted	positive	comforted
considerate	attracted	touched	drawn
affectionate	passionate	sympathy	toward
sensitive	admiration	close	
tender	warm	loved	

INTERESTED

concerned	intrigued	nosy	curious
affected	absorbed	snoopy	
fascinated	inquisitive	engrossed	

POSITIVE

eager	inspired	brave	confident
keen	determined	daring	hopeful
earnest	excited	challenged	
intent	enthusiastic	optimistic	
anxious	bold	reinforced	

STRONG

impulsive	certain	dynamic	secure
free	rebellious	tenacious	
sure	unique	hardy	

ANGRY

irritated	upset	resentful	worked up
enraged	hateful	inflamed	boiling
hostile	unpleasant	provoked	fuming
insulting	offensive	incensed	indignant
sore	bitter	infuriated	
annoyed	aggressive	cross	

DEPRESSED

lousy	diminished	repugnant	in despair
disappointed	guilty	despicable	sulky
discouraged	dissatisfied	disgusting	bad
ashamed	miserable	abominable	a sense of loss
powerless	detestable	terrible	

CONFUSED

upset	embarrassed	unbelieving	unsure
doubtful	hesitant	skeptical	uneasy
uncertain	shy	distrustful	pessimistic
indecisive	stupefied	misgiving	tense
perplexed	disillusioned	lost	

HELPLESS

incapable	inferior	despair	tragic
alone	vulnerable	frustrated	in a stew
paralyzed	empty	distressed	dominated
fatigued	forced	woeful	
useless	hesitant	pathetic	

INDIFFERENT

insensitive	neutral	bored	disinterested
dull	reserved	preoccupied	lifeless
nonchalant	weary	cold	

AFRAID

fearful	panic	timid	cowardly
terrified	nervous	shaky	quaking
suspicious	scared	restless	menaced
anxious	worried	doubtful	wary
alarmed	frightened	threatened	

HURT

crushed	dejected	aching	humiliated
tormented	rejected	victimized	wronged
deprived	injured	heartbroken	alienated
pained	offended	agonized	
tortured	afflicted	appalled	

SAD

tearful	anguish	unhappy	dismayed
sorrowful	desolate	lonely	
pained	desperate	grieved	
grief	pessimistic	mournful	



ACTION PLAN: EMOTIONAL DIMENSION

My immediate choice (start or stop) in the **Emotional Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

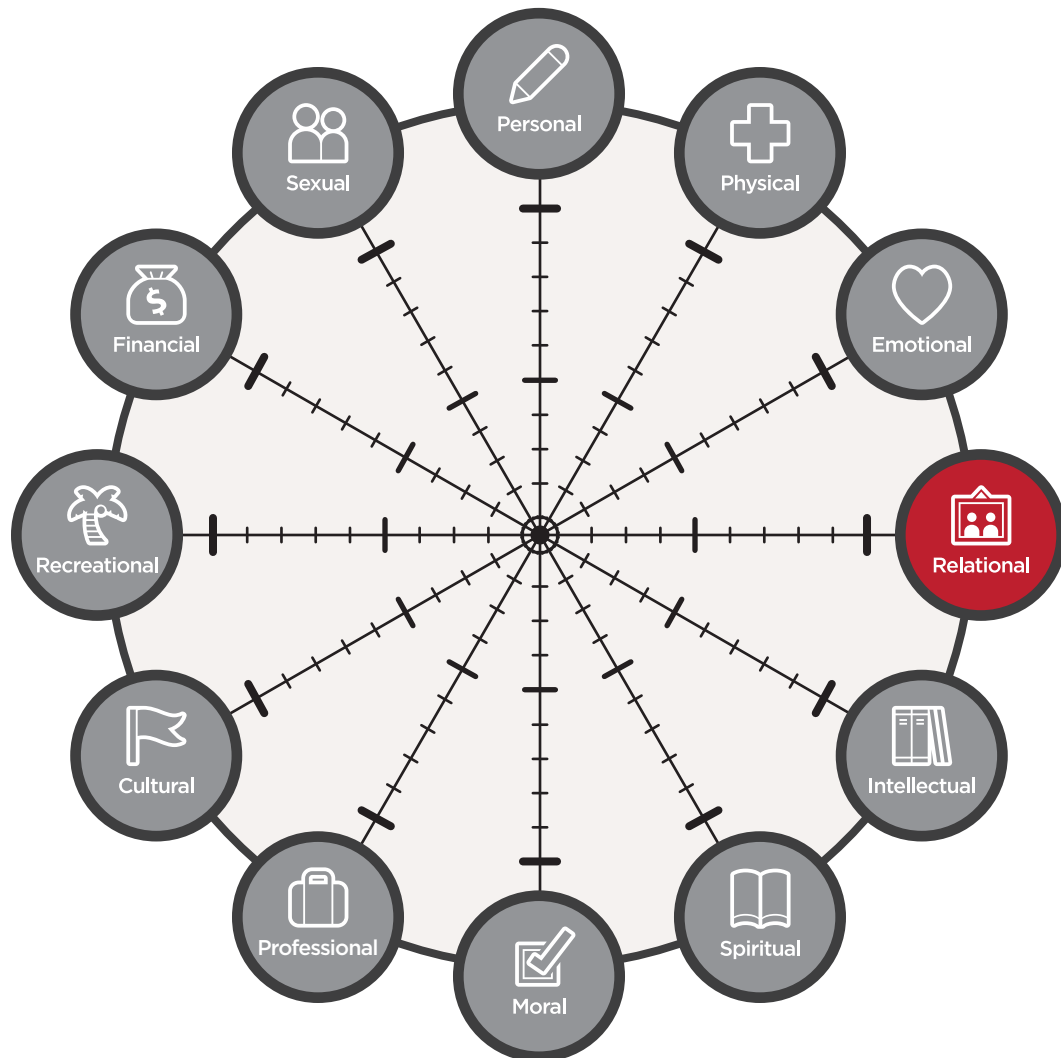
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE RELATIONAL DIMENSION



IDEA

The **Relational Dimension** is the aspect of a man's life that focuses on his choices in connecting with family (spouses, parents, children, siblings, extended relatives), friends, acquaintances, and strangers.





INTRODUCTION

Most individuals on their deathbed who consciously reflect upon their legacy in the final days of life mention one thing above everything else: relationships with people.

We are social creatures, and despite our fleeting fascination with profession, position, prosperity, possessions and power – this one preoccupation always wins: people! We care most about our connection to other human beings.



INSIGHT

The relational dimension is multifaceted and includes our relationships with a diversity of human beings within a variety of spaces and places. Each connection with each person is characterized by its own unique set of norms, shaped by differing degrees of trust, familiarity, and closeness, and shares its own distinct catalogue of experiences. For the purposes of this chapter, we will focus on the unique relationships between a young man and his **parents, friends, romantic partners/spouses, and children.**




INSTRUCTION

Young Men & Their Dads!

Note: Feel free to substitute the language of father-son (with mother-son or parent-son) to fit your unique family background. However, since many young men find the father-son relationship the most complex and complicated, this instruction is a focused conversation about young men and their dads.

THE CATEGORIES OF FATHER-SON RELATIONSHIPS

Absent	Available & Accessible
Authoritative	Affirming
Affectionate	Antagonistic
Abusive	Aggressive


 **Introspection:** Circle one or more of the eight categories that describe your relationship with your father.

Young Men & Their Dads! (cont.)

THE CHARACTERISTICS OF A HEALTHY FATHER-SON RELATIONSHIP

Communication
Care & Concern
Coaching
Compliments

Celebration
Challenge
Camaraderie

 **Introspection:** Circle one or more of the seven characteristics that describe your relationship with your father.

THE COMPLEXITIES OF SOME FATHER-SON RELATIONSHIPS

- I never knew my father
- I have no contact with my father
- I don't want a relationship with my father
- I don't think my father wants a relationship with me

THE CULTIVATION OF A STRONGER FATHER-SON RELATIONSHIP

- Forgive him for the past.
- Ask him questions about his life.
- Tribute him in writing and/or in person.
- Honor him in the present.
- Engage in his interests, hobbies, and passions.
- Reach out and initiate.



INTROSPECTION

Place a  next to all phrases that are “mostly true... most of the time” about your dad:

- | | |
|--|--|
| <input type="checkbox"/> He tells me he is proud of me. | <input type="checkbox"/> He initiates conversations with me about healthy dating/romantic relationships. |
| <input type="checkbox"/> He and I participate in a common hobby together. | <input type="checkbox"/> He talks with me about my sexual boundaries and activities. |
| <input type="checkbox"/> He challenges me to get good grades and/or succeed in my career. | <input type="checkbox"/> He talks with me mostly about surfacey and non-serious topics. |
| <input type="checkbox"/> He verbally encourages me to be a man of character and integrity. | <input type="checkbox"/> He plays a very significant role in my daily life. |
| <input type="checkbox"/> He is a hero in my life. | <input type="checkbox"/> He does not just love me, but I can tell he also really likes me. |
| <input type="checkbox"/> He lets me know when he is hurting or sad. | <input type="checkbox"/> He is my role model for who I want to be as a man. |
| <input type="checkbox"/> He works too much. | |
| <input type="checkbox"/> He expresses physical affection to me. | |



INTERACTION

What is one thing you wish was different about your relationship with your dad, mom, and/or parents?

What is one distinct feature of your relationship with your dad, mom, and/or parents that you hope to replicate/duplicate with your own children someday?

What is one choice you can make in the days and weeks ahead that you feel could make a positive impact on your relationship with your immediate and/or extended family?



INSTRUCTION

Starting Points for Developing a Written Tribute

- Remember that this is for you as much as it is for your parent(s)
- Make it personal and heartfelt
- Create a list of memories, experiences, and traits
 - 1 Favorite gift
 - 2 Memorable conversations
 - 3 Vacations or special memories
 - 4 Traditions and family customs
 - 5 Funny moments
 - 6 Difficult times that deepened relationship
 - 7 Admirable character qualities
 - 8 Positive choices and beneficial actions
- Focus on the positive aspects of relationship, while still carefully acknowledging negative aspects
- Organize your thoughts
 - 1 Develop a draft
 - 2 **Introduction:** why are you writing this?
 - 3 **Body:** turn positive memories and experiences into sentences, paragraphs, or prose... and tell the story
 - 4 **Conclusion:** summarize your appreciation and point to the future



INSTRUCTION

Cultivating Fantastic Bro-Friendships!

LIES ABOUT BRO-FRIENDSHIP

- 1 Guy friendships are nice, but not necessary.
- 2 Close friendships will happen naturally over time.
- 3 No friend should know everything about me.
- 4 I do not have much to offer in friendship.

LOSSES WITHOUT BRO-FRIENDSHIP

- 1 False Sense of Reality
- 2 Lacking Challenge, Inspiration, & Accountability
- 3 Unmotivated, Frustrated, & Discouraged
- 4 Isolation & Loneliness

LOOKING FOR IN BRO-FRIENDSHIP

- 1 Connection, Chemistry, and Compatibility
- 2 Core Values, Calling, & Course of Life
- 3 Communication Style & Comfort with Conflict
- 4 Character & Commitment

LEVELS OF BRO-FRIENDSHIP

- 1 **Basic Phase:** Acceptance
- 2 **Intermediate Phase:** Affirmation
- 3 **Advanced Phase:** Accountability
- 4 **Mature Phase:** Authority

LANGUAGE OF BRO-FRIENDSHIP

- 1 "I appreciate you."
- 2 "I care about you."
- 3 "I need you."
- 4 "I choose you."

LESSONS ABOUT BRO-FRIENDSHIP

- 1 Evaluate yourself as a R.E.A.L. man.
- 2 Take off the mask.
- 3 Take a risk and initiate.
- 4 First become the friend you want to find.
- 5 Be selective when choosing close guy friends.
- 6 Learn healthy patterns to navigate the inevitable friction of friendship.
- 7 Practice the language of affirming friendship.
- 8 Be intentional about including, involving, and investing in people.



INTROSPECTION

Take a moment and think of one or two current friends with whom you desire to grow closer.

His/Her Name(s): _____



INSTRUCTION

Making Sense of Romantic Love & the Dating Scene

Note: These principles transcend the diverse categories of romantic relationships, and couples of all kinds have found these ideas and insights to be quite beneficial to the health and well-being of their relationships. As well, some of these ideas and thoughts might also apply to a marriage relationship, but more targeted curriculum for marriage enrichment is also included within this chapter.

THE “FALLING IN LOVE” FALLACY

- Lasting Love Begins with a Choice
- Lasting Love Requires Daily Attention and Action
- Lasting Love Intermittently Includes Strong Feelings

THE EIGHT QUALITIES TO LOOK FOR IN A FUTURE MATE

- 1 Connection (Social, Intellectual, and Spiritual)
- 2 Chemistry (Physical and Emotional)
- 3 Core Values (Values, Principles, and Beliefs)
- 4 Communication Style (Listening, Fighting Fair, and Conflict Resolution)
- 5 Course of Life (Career Path and Anticipated Overall Direction)
- 6 Calling (Overarching Purpose and Passions)
- 7 Compatibility (Differences aren't Disruptive)
- 8 Character (Integrity, Humility, Trustworthiness, and Self-Control)

FIVE HEALTHY DATING PRINCIPLES & PRACTICES

- 1 Date to give, not to get.
- 2 Only verbally communicate what you are willing to back up with commitment, and only engage in physical intimacy that reflects what has been verbally communicated.

Making Sense of Romantic Love & the Dating Scene (cont.)

- 3 Treat your significant other as though he/she might be married someday to your best friend.
- 4 Establish appropriate boundaries in all areas of the relationship, since playing marriage in a dating relationship fosters unhealthy codependency.
- 5 Stay connected to a community of friends who will help you keep your head straight before, during, and after a romantic relationship.

FIVE MYTHS ABOUT THE PERFECT DATING RELATIONSHIP

- 1 We expect exactly the same things from dating.
- 2 The strengths in our relationship will only get stronger in time.
- 3 Difficult aspects in our relationship will disappear over time.
- 4 My girlfriend/boyfriend will fulfill all of my desires and meet all of my needs.
- 5 Romantic love is the key to my personal wholeness.

THE SEVEN COMMON MISTAKES IN FAILED DATING RELATIONSHIPS

- 1 Sexual Intimacy: Too much, too fast, too soon.
- 2 Inability to distinguish between dating desires and dating needs
- 3 Cutting corners in prioritizing quality and quantity time with one another
- 4 Substituting small talk for encouragement and affirmation
- 5 Allowing sarcasm, criticism, and unkindness to creep into the relationship
- 6 Letting the relationship become dull, predictable, and routine
- 7 Control and manipulation as a result of jealousy and insecurity

THE SEVEN QUESTIONS TO ASK BEFORE SAYING "I DO!"

- 1 What is my primary goal for getting married?
- 2 What are the top three things I am wanting from a marriage partner?
- 3 What are the areas of tension and conflict in my current relationship, and how do I imagine those issues might play out in marriage?
- 4 If my romantic partner stays just as they are today with no changes to their personality, perspectives, or behaviors, would I still want to be married to this individual ten years from now?
- 5 How have my role models for marriage affected my view of, expectations for, and approach to the marriage relationship?
- 6 What about my parents' marriage do I want to emulate and escape?
- 7 Do I believe that getting married is a cure for my loneliness or essential to my happiness?



INSTRUCTION

Marriage Enrichment: The Big Fives!

FIVE SHORT-CUTS TO NEVER TAKE

- 1 Never substitute sex for love.
- 2 Never substitute small talk for meaningful affirmation.
- 3 Never substitute routine for spontaneity.
- 4 Never substitute weekly coasting for daily choosing.
- 5 Never substitute familiarity for growth as a couple.

FIVE MARRIAGE KILLERS

- 1 Lack of time to “just talk”
- 2 Unresolved conflict
- 3 Letting in-laws and friends to move into the marriage circle
- 4 The perpetual blaming disposition
- 5 Absence of mutually-enjoyable physical intimacy

FIVE PHRASES THAT WILL NOURISH ANY MARRIAGE

- 1 I was wrong.
- 2 I’m really sorry.
- 3 Will you forgive me?
- 4 How can I serve you this week?
- 5 I desire you more than anything or anyone!

FIVE COMMITMENTS FROM THE BEGINNING

- 1 I will never entertain or express the possibility of divorce.
- 2 I will never stop being honest with you.
- 3 I will always be emotionally and physically faithful to you.
- 4 I will never bottle up any level of frustration with you in my heart for more than one day!
- 5 I will never let anyone get closer to me than you!



INSTRUCTION

Marriage Enrichment: Seventeen Practical Husband Tips

- ✓ Take care of yourself in all 12 dimensions of your life.
- ✓ Don't let any person ever get closer to you than your spouse.
- ✓ Make sure you are 100% open with 2-3 friends who will closely track with your vulnerabilities.
- ✓ Plan for your spouse as much as you do for your profession.
- ✓ Set aside time to really listen.
- ✓ Continue to pursue, woo, and date.
- ✓ Resist each and every temptation to withdraw from your spouse!
- ✓ Enter daily into her/his personal world - always seeking to understand how she/he is feeling.
- ✓ Don't try to fix his/her and solve all of his/her problems.
- ✓ Remember that as you're coming home from work each day - that you are about to begin the most important part of your day!
- ✓ Let your spouse know in tangible ways that you find him/her sexy.
- ✓ Make a regular and passionate sex life a priority.
- ✓ Avoid the temptation to nag your spouse.
- ✓ Always honor your spouse in public.
- ✓ Always speak kindly to your spouse in private.
- ✓ Become an expert in asking the great questions about your spouse's interests and life experiences.
- ✓ Don't try to control or change your spouse.



INSTRUCTION

Marriage Enrichment: Communication & Conflict Resolution

Idea: Love is a choice! Feelings follow choices.

COMMUNICATION

- 1 Premise: Communication is always happening...even in silence.
- 2 Review the five love languages, because they communicate stronger than words
- 3 The style of communication might differ.
 - For one spouse: might be more emotional, just to be heard and understood, does not want answers.
 - For another spouse: might be more cognitive and fact-oriented, problem-solving, to the point.
- 4 The value of communication might differ and fluctuate.
 - For one: might need a topic, need to be asked questions (drawn out)...don't enjoy the process as much as the product.
 - For another: Might need time to just catch up...about whatever.
 - Individuals might fluctuate in communication preferences depending on the context and circumstance.

COMMUNICATION WITHOUT THE BAGGAGE

- 1 Don't assume a response when initiating a difficult conversation.
- 2 Don't drag in other stuff from the past.
- 3 Three T's: Timing. Tact. Tone.

WHEN TO BRING THE HARD STUFF UP...

- 1 Initiate a conversation if bringing it up has the potential to bring about good!
- 2 If considering not bringing it up...two things must be true:
 - Hasn't affected your attitude.
 - Can sincerely let it go, without any hold on your heart
- 3 When initiating a tense conversation, use this template: "I feel _____ because I desire _____."



INSTRUCTION

Parenting: Pampers to Prom



5 Building Blocks of Great Parenting

LEADERSHIP

the commitment to being a friendly parent as opposed to a parenting friend

LOVE

a felt and experienced sensation that does not need to be competed for or earned

LAUGHTER

the antithesis of an environment that is boring, dreary, heavy and merely tolerated until adulthood

LATITUDE

the shifting boundaries and age-appropriate freedoms that caregivers give children to help them grow stronger



Consider This Quote

The real test of a (parenting) model is how well equipped the children are to move into adulthood as vital members of the human race... We need to have kids that can be sent off to the most hostile universities, toil in the greediest work environments, and raise their kids in the most hedonistic communities and yet not be the least bit intimidated by their surroundings. Furthermore, they need to be engaged in the lives of people in their culture...

Dr. Tim Kimmel | Grace-Based Parenting

THE PHILOSOPHY OF PARENTING

Developing a strategic plan that nurtures strong and selfless kids as opposed to safe and self-centered kids.

3 DRIVING NEEDS OF EVERY KID

1. SECURITY “I’m loved.”

Love feels incomplete to kids when they have to compete for it or earn it. Love sticks to our kids when 1) they are accepted as they are; 2) when they are a part of a loving, stable and honoring family; and 3) when they receive regular and generous helpings of affection. Kimmel writes: “Many of our kids do things that annoy, frustrate, or embarrass us, but they are not wrong. Every time we point these things out, we tell them that they don’t measure up. This builds a foundation of insecurity for them.”

2. SIGNIFICANCE “I matter.”

Five kinds of parents that blunt potential in their kids:

- 1 Tyrannical parents
- 2 Preoccupied parents
- 3 Indifferent parents
- 4 Lazy parents
- 5 Over-religious parents

Children feel significant when they are 1) regularly affirmed, 2) know they have our attention, and 3) they are gracefully admonished when they fail. Kimmel writes: “Affirmation catches your children doing things right. It notices when they do things you know don’t come easy to them. It applauds them when they fix a wrong or dig themselves out of a hole they’ve made. It thanks them for living out their moral principles and being willing to stand alone for their convictions.”

3. STRENGTH “I can do it.”

Kimmel writes: “What if parents continued to feed their children baby food and Similac all the way through their teenage years? What if they forced them to sleep in cribs up to the day they left for college? What could be sadder? What could be more hopeless for the child? Yet that is exactly what some parents lacking grace do with their children. They keep them helpless, dependent and vulnerable long after they are old enough and mature enough to handle these areas of their lives themselves. It’s unloving to keep our children weak or helpless. In fact, strength is one of the natural conclusions of love.”

DO YOU DREAM ABOUT YOUR CHILD'S FUTURE?

- ❓ Who do you want your child to become?
- ❓ What kinds of things do you want to be true of them 5-7 years from now?
- ❓ How can I contribute to this growth and development?
- ❓ Am I doing anything that might sabotage their development or stunt their growth?

The Draining Family vs. The Dynamic Family	
Draining	Dynamic
Fear-Motivation Paranoid and overly protective	Faith-Motivation Balanced and promoting growth
Rules "This is what I say."	Principles "This is why I say it."
Behavior-Focus "What are you doing?"	Heart-Focus "Why are you doing it?"
Punishment Out of anger - to injure	Discipline Out of love - to instruct
Heavy Walking on egg shells	Light Laughter and light-hearted
Formulas This action creates this result	Freedom Spontaneous and flexible
Pride "My way or the highway."	Humility God's grace gets the credit
Awkward Kid's friends avoid your home	Attractive Kid's friends attracted to your home
Convenience-Value How do your kids behave?	Character-Value Who are your kids becoming?
Conformity Expected to conform	Creativity Freedom to be different
Present Obedience About now	Future Replication About future legacy

THE 4 FREEDOMS THAT EVERY CHILD NEEDS

from Dr. Tim Kimmel

- 1 The Freedom to be Different
- 2 The Freedom to be Vulnerable
- 3 The Freedom to be Candid
- 4 The Freedom to Make Lots of Mistakes

6 FLAWED PARENTING STYLES

revised from Dr. Tim Kimmel

1. FEAR-BASED PARENTING

Characterized by a tendency to be afraid of everything. This kind of home cultivates intimidated kids.

These parents need to replace fear with faith and paranoia with caution.

2. DUCT-TAPE PARENTING

Characterized by a low family fuel gauge, these parents are running on empty, because they are too busy, too broke, or too self-consumed with their own agendas. As a result, they patch family problems and deal with the kids' issues just enough to keep it together for one more day. These children are often lonely, disconnected, craving consistency and predictability, and are often left to fend for themselves.

These parents need to scale back on their activities and responsibilities, and create sufficient margin to plan for and execute their role as parents, so that the kids stop getting the leftovers.

3. BEHAVIOR-MODIFICATION PARENTING

Characterized by an appearance of order to outsiders, but shallow and /or chaotic within the home. This one-dimensional family is all spruced up on the outside, but just an inch-deep on the inside. As they age, the kids become a time bomb: ready to explode with one breath of freedom.

These parents need to practice what they preach and focus on the heart as much as the head.

4. HERD-MENTALITY PARENTING

Characterized by a “go with the crowd” parenting philosophy that thwarts creativity and individuality, these parents take their cues from the latest parenting fads, studies, books, and experts.

These parents need to become students of their children, trust their instincts, and stop letting others raise their children.

5. IMAGE-CONTROL PARENTING

Characterized by parents who are primarily focused on raising kids that make themselves look good and provide something to brag about to outsiders. So the focus becomes on perfect manners, good grades, athletic prowess, and academic superiority. The kids in this home feel used and under extreme performance standards.

These parents need to stop using their kids for the inflation of their sagging self-image and find their sense of significance somewhere else.

6. HIGH-CONTROL PARENTING

Characterized by toxic fear and shame in an effort to break the will of the kids. Often unintentional and morally justified by some misguided standard, this brand of parenting brings out the worst in kids. The result is often rebellion that was sadly precipitated by the parents’ need for control: to be right, obeyed, and revered. The kids in this home are often looking for an escape route.

These parents need counseling to help them deal with their feelings of pride and powerlessness.

SEVEN TIPS FOR TALKING TO YOUR KIDS ABOUT SEX

- 1 Examine and assess your own comfortability with your sexuality.
- 2 Pursue a mutually fulfilling and satisfying sexual relationship with your spouse.
- 3 Avoid over-answering or under-answering kids’ questions.
- 4 Use explicit language when describing sexuality.
- 5 Be proactive and reactive in engaging in such conversations.
- 6 Take the lead with both your sons and daughters in talking about sex.
- 7 Practice not flinching when startling questions emerge.

A SURVEY FOR YOUR KIDS

- I feel like my parents want me to behave, so that they won't be embarrassed with the people we know.
- When my parents are mad at me, I feel scared that my parents might hurt me.
- I want my friends to hang out at my house with my folks.
- When I am disciplined for something bad I've done, I feel like my parents still love me.
- My mom and dad like me for who I am, and aren't always trying to change me.
- My parents don't often admit when they are wrong.
- I feel like I have to be very careful what I do and what I say, when my parents are in a bad mood.
- We laugh a lot in our home.
- I feel like there are too many rules in our house.
- We have lots of fun in our home; home is one of my favorite places to be.
- My mom and dad take time to play with us.
- I feel like I can ask my parents a question about anything.
- My parents seem to act different in public than they do at home.
- I can disagree with my parents and it's no big deal.
- There is way too much yelling in my house.
- My parents ask my opinion on stuff.
- I want to have a future marriage someday just like my parents.
- I feel accepted and approved of by my parents, even when I'm doing something they don't like.
- I can't wait to get out of this house and move on with my life.
- I feel like my parents are super proud of me.
- Sometimes I feel forced to do religious stuff and go to religious activities that I don't like.
- If there was one thing I could change about our family, it would be _____.



INTROSPECTION

Which of the three driving needs are being met in your home and which are not? Why?

How did your parent(s) parent you?

Does the way you were parented present any specific challenges as you raise your own children?



ACTION PLAN: RELATIONAL DIMENSION

My immediate choice (start or stop) in the **Relational Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

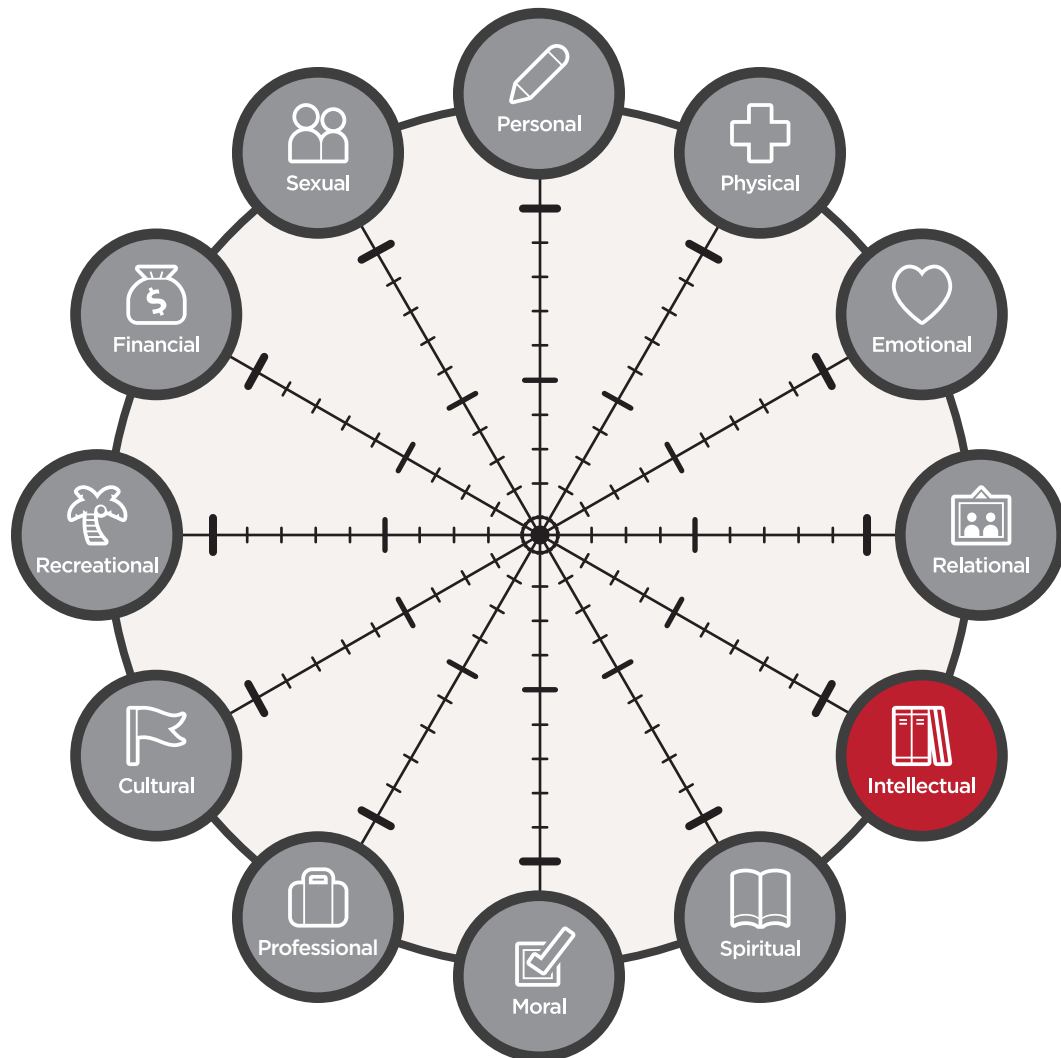
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE INTELLECTUAL DIMENSION



IDEA

The **Intellectual Dimension** is the aspect of a man's life that focuses on his choices regarding learning and thinking - pertaining to both formal and informal contexts.





INTRODUCTION

Learners and thinkers are leaders.

Those who stop learning stop leading. Those who lack the ability to focus and think deeply about life and its complexities will eventually lose their voice.

The task of critical thinking without becoming critical is the first task for those who are serious about cultivating the intellectual dimension of life.



INTROSPECTION

Create Your Own Podcast

Conceptualize a podcast that features knowledge you currently possess.

Decide on a topic and an outline for the first three sessions.

Topic:

Session #1:

Session #2:

Session #3:



INSTRUCTION

LEARNING & THINKING PRINCIPLES

- 1 Learning & thinking is not exclusive to the classroom.
- 2 Learning & thinking is not earmarked only for the smartest geniuses.
- 3 Learning & thinking is both a disposition and a discipline.
- 4 Learning & thinking should result in both knowledge and wisdom.
- 5 Knowledge is power and wisdom is responsibility.

LEARNING & THINKING PRACTICES

- 1 Explore new environments
- 2 Engage new people
- 3 Experiment with new opportunities
- 4 Embrace new ideas
- 5 Experience new possibilities

LEARNING & THINKING PROBLEMS

- 1 Lack of humility: we think we already know it all
- 2 Excluding ideas that do not reinforce current belief system
- 3 Preferences for prejudices and stuck in stereotypes
- 4 The simplicity of black-and-white thinking that does not allow for diverse ideas or address complex issues
- 5 Comfortability with conformity and a distaste for differences

LEARNING & THINKING PROMISES

- 1 Lifelong learners and tenacious thinkers are those whom people will follow.
- 2 Lifelong learners and tenacious thinkers are fantastic friends and family members.
- 3 Lifelong learners and tenacious thinkers are the promotable problem-solvers who will shape the future of their career.
- 4 Lifelong learners and tenacious thinkers are never stale or stuck, and are always creating new opportunities for themselves and others.
- 5 Lifelong learners and tenacious thinkers are happier and healthier over the course of their lives.



INTROSPECTION

In what knowledge areas do I hope to be a lifelong learner and respected expert?

What gets in the way of me setting aside the time, exerting the energy, and investing in learning and thinking outside of mandatory coursework or job training?

Theoretically consider how choices in the intellectual dimension of life might intersect with the other eleven dimensions. Draw a line from the intellectual dimension to as many of the other dimensions that you feel are likely affected by learning and thinking.



Introspection

What did you discover about the significance of the intellectual dimension?



ACTION PLAN: INTELLECTUAL DIMENSION

My immediate choice (start or stop) in the **Intellectual Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

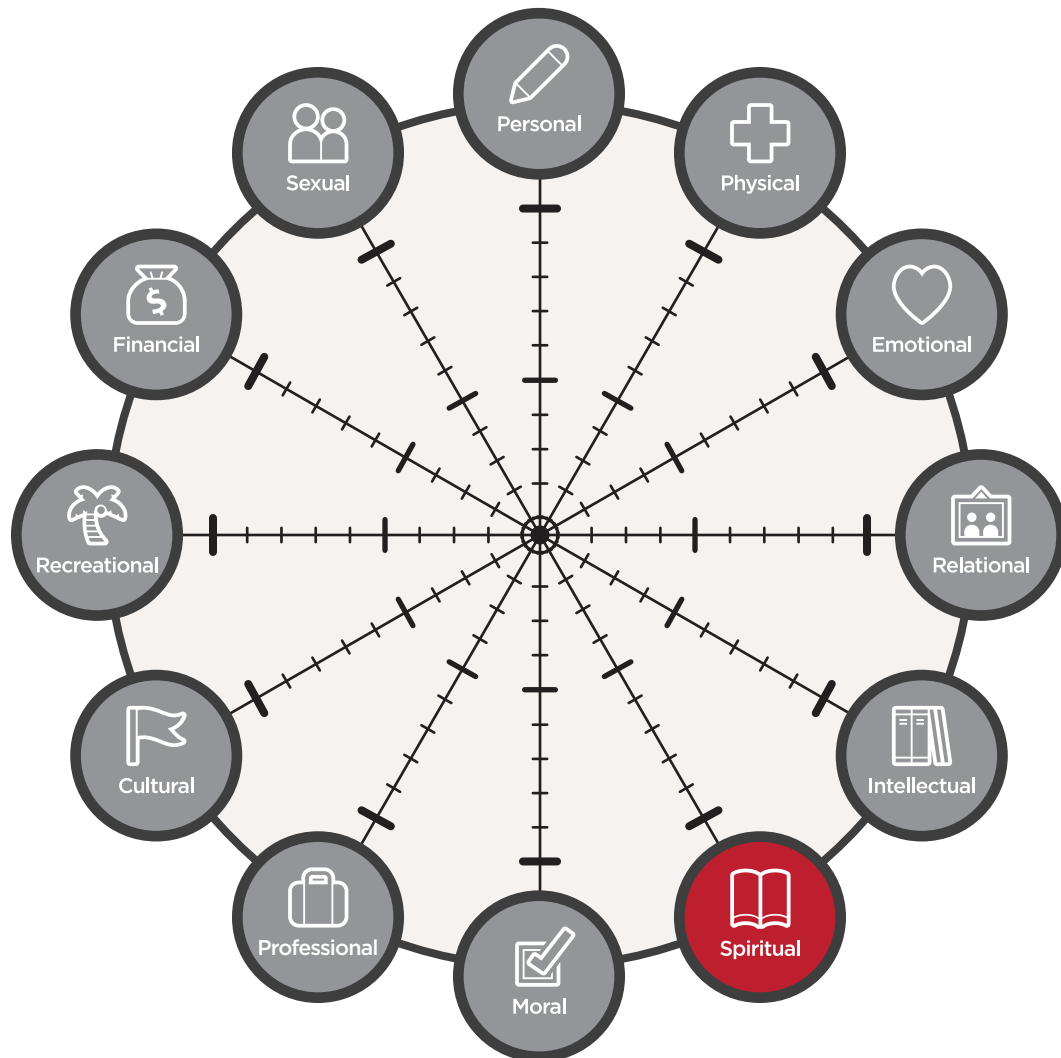
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE SPIRITUAL DIMENSION



IDEA

The **Spiritual Dimension** is the aspect of a man's life that focuses on his perspectives and inquiries into the most important and inspiring ideas of human existence, a higher power, ultimate reality, meaning, purpose, and justice.





INTRODUCTION

Navigating the complexities of how young men make sense of spiritual beliefs, questions, and concerns is a challenging feat.

However, recent research reinforces the notion that young men continue to exhibit high levels of spiritual interest and involvement, although they are redefining their spiritual beliefs and reframing their spiritual journeys in far different ways.

In response to Phi Kappa Theta's passion and priority for the spiritual development of their members and the encouragement for brothers to explore their natural curiosity about spirituality and individual purpose, there has been a renewed commitment to assist members in strengthening the spiritual dimension of their lives.



INTROSPECTION

Honest Reflections: Religion, Spirituality, & Faith

From your perspective, list the differences between religion, spirituality and faith.

RELIGION	SPIRITUALITY	FAITH



INTROSPECTION

The $\Phi K \Theta$ Spiritual Quotient (SQ) Personal Assessment

Season of Life

0-20 years 20-40 years 40-60 years 60-100 years

I would describe my hometown as in the

City Suburbs Country

I am a first-generation college student (first of my family to attend college).

Yes No

I am presently and actively involved in religious or spiritual practices.

Yes No

I am presently and actively involved with a religious or spiritual community.

Yes No

The belief tradition that my family raised me within would best align with

Jewish Christian Muslim Buddhist No Tradition
Protestant Hindu Catholic Mormon Other

My present and personal spiritual orientation would best align with

Skeptic Uncertain Excited Disinterested Fearful On Hold
Done With It Convinced Disillusioned Searching Open Other

I would define or describe spirituality as

Spirituality is / is not (circle one) important to me, because

The ΦΚΘ Spiritual Quotient (SQ) Personal Assessment (cont.)

Put a small ✓ next to whichever statements are true for you right now.

- I am interested in spiritual questions.
- I am on a spiritual search that is positive or exciting.
- I am on a spiritual search that is unsettling or disturbing.
- I explore one or more of the spiritual belief systems of the world.
- I think about my purpose for being here on this earth.
- I think about the differences between various spiritual perspectives.
- I think about the possibility of being created by a God/Higher Power.
- I believe that human life is affected by spiritual forces.
- The idea of life after death seems possible to me.
- God/Higher Power gives me strength to face life's challenges.
- I feel obligated to follow my parents' religious practices.
- I feel disillusioned with my spiritual upbringing.
- To feel doubt is a normal phase in spiritual discovery for me.
- To feel doubt is a signal of spiritual weakness for me.
- I experiment with spiritual practices different from those of my childhood.
- If I found a spiritual perspective that fits what I want, I would choose to follow it.
- If God exists, I think I would want to connect with this Being.
- I feel that I have a personal connection with God/Higher Power.
- I seek to be spiritual in my everyday life.
- I am involved with a spiritual community.
- I spend time with at least one close friend who is very spiritual.
- I would enjoy having a conversation about spirituality with a friend.
- I talk with friends about spiritual topics or ideas.
- I have spiritual conversations with colleagues.
- I can clearly articulate my most basic spiritual beliefs to a friend.
- I have a spiritual mentor.

See also **Appendix 4** on the *Six Spiritual Stories of Young Men*



INSIGHT

In a day and age when world politics and social issues are shaped by religious ideologies, when spiritual interest is fueled by the uncertainty of chaotic and unpredictable global scenarios, and when most young men feel devoid of mentors who can help them navigate the vexing terrain of the spiritual questioning process, Phi Kappa Theta has become a pioneer in the important task of assisting their members in spiritual meaning making and the art of religious dialogue.

By encouraging undergraduates and alumni to develop the spiritual dimension of their lives and engage in spiritual discussions as integral to their Phi Kappa Theta lifelong experience, three immediate benefits emerge.

1 **Spiritual Discussion Produces Challenge.**

Brothers of all seasons and stations in life will benefit from engaging in thought-provoking and growth-producing spiritual conversations. It is much safer to avoid discussions about faith, but that is not who we are as an organization. We will move past the barrier of complacency and over the obstacle of passivity to welcome the challenge of other perspectives.

2 **Spiritual Discussion Piques Curiosity.**

We want our members to be curious and inquisitive thinkers who approach complex issues with compassionate sensitivity. As we engage with human beings who look and think and believe differently than we do, our hope is that we would lean into each story with a humble and teachable spirit to learn something new and listen intently to how others make sense of the world.

Spiritual Discussion Promotes Community.

Our Fraternity should be a place where a rich diversity of ideas, creeds, questions, and beliefs are welcome. As a result, safe spaces for honest conversations among Phi Kappa Theta brothers of all ages will push us far beyond mere tolerance towards transparent and authentic community.

See also **Appendix 4** on the *Six Spiritual Stories of Young Men*

Research underscores that young men who prioritize spiritual development in their own lives outpace their male peers in at least three notable areas:

- 1 Emotional & Mental Well-Being
- 2 Strong Leadership Abilities
- 3 Intellectual Engagement



ACTION PLAN: SPIRITUAL DIMENSION

My immediate choice (start or stop) in the **Spiritual Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

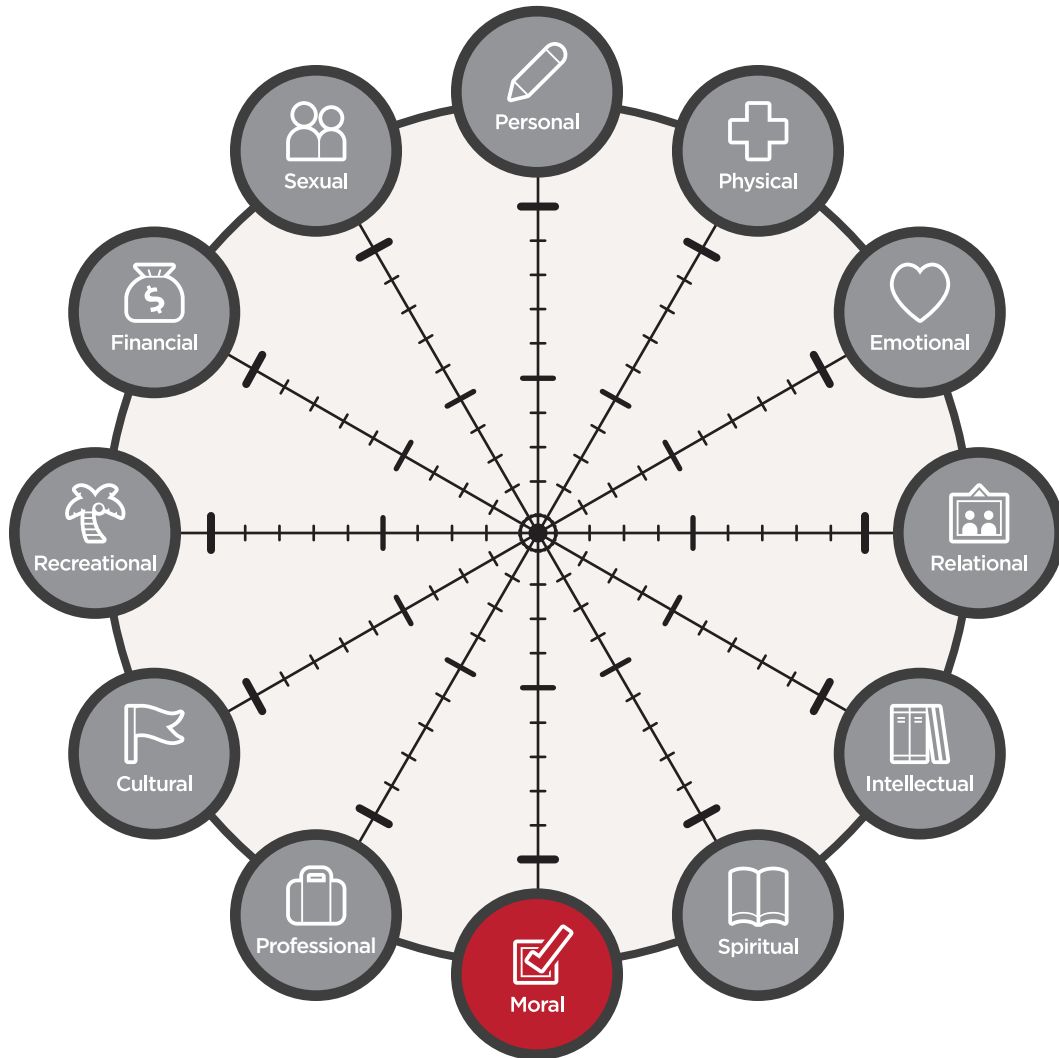
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE MORAL DIMENSION



IDEA

The **Moral Dimension** is the aspect of a man's life that focuses on his choices regarding his priorities, personal mission, calling in life, and ethics (what is right, wrong, good, bad, and best).





INTRODUCTION

The notion of morality has been marginalized in this day and age, which has created a host of personal problems for young men who have prioritized the demand for immediate gratification over and above the establishment of healthy boundaries.

Unfortunately, the concept of a moral compass has been closely associated with religion and its various rules, duties, and obligations. The sense that morality must be rooted in religious belief has become an obstacle and bias to many non-religious individuals from cultivating the spiritual dimension of their lives.

However, morality is primarily about **motivations**... regardless of a spiritual or secular worldview.



INTROSPECTION

What motivates you in life?

What motivates you to do *right* instead of *wrong*?

What motivates you to choose that which is *good* over what you feel is *bad*?



INTERACTION

Provide an example of morality: "She/He is moral, because..."


Provide an example of immorality: "He/she is immoral, because..."



INSTRUCTION


FOUR MORAL DIMENSION PRINCIPLES

- I am what I continually do.
- I will not wake up one day having become someone I have not been becoming.
- Each moment matters.
- Live every day with the end in mind.

 **Introspection:** If you could choose just one of these powerful principles to reflect upon for five minutes each day, which one would you select and why?

FOUR MORAL DIMENSION PROBLEMS

- _____ My own passivity and apathy
- _____ My preoccupation with pleasure
- _____ My failure to delay immediate gratification
- _____ No compelling vision for my life

 **Introspection:** Rank from 1-4 (1=Most & 4=Least) how often these four problems materialize in your life.

FOUR MORAL DIMENSION ACTION POINTS

- 1 Determine your ethical principles regarding what is right, wrong, good, and bad.
- 2 Daily review your top three values and allow those values to dictate your decisions.
- 3 Schedule your week's activities in light of your values and vision.
- 4 Tell the truth all the time: to yourself and to others.



INSIGHT

A man's moral compass is embodied in a variety ways, but is most evident by what he says, how he speaks, and his choice of words.



INTROSPECTION

Put a ✓ in front of every statement that accurately reflects your use of words in the past six months with a friend, family member, acquaintance, or significant other.

In other words, if you have spoken the statement in quotations to someone (but privately had the thought or unstated intention as indicated in the parentheses), check the box.

- “I love you” (but was selfishly wanting something in return).
- “I will try” (but never intended to follow through).
- “I’m listening” (but was preoccupied with my own thoughts).
- “I’m fine” (but inside I was hurting).
- “I’ll be there” (if nothing better comes up).
- “It didn’t bother me” (but it did).
- “I was just joking” (but I wasn’t).
- “Did you hear about (what this person did)?”
- “Nothing ever goes my way” (in the hope that people will respond with an uplifting comment).
- “That’s great news!” (but I didn’t really care).
- “I’ll never be good enough” (to find pity from others).
- “I totally suck at...” (in order to solicit a compliment).
- “We really need to hang out” (with no intention of making that actually happen).
- “I will give you a call later” (and you don’t or never intended to).
- “I will see you there” (and you don’t show up).

In the last six months, I have:

- spoken an unkind word, but clouded by humor.
- spoken a kind word to someone, but didn’t actually mean it.
- spoken something untrue about myself or my accomplishments.
- spoken a negative comment about one friend to another friend.
- spoken about a trusted secret about one person to another person.
- spoken sarcastically about something that I wanted to share with an individual but didn’t have the courage to confront in an upfront way.
- complained about the weather or some other insignificant fact simply because I didn’t know what else to say.
- made a racist comment behind someone’s back.
- made a homophobic comment behind someone’s back.
- made a sexist comment behind someone’s back.
- inflated a story to get a good laugh from others.



INSTRUCTION

Talk Like Your Moral Reputation is at Stake

THREE KEY PRINCIPLES OF GUY TALK

- 1 Words are a window into the soul.
- 2 Communication is always happening, with or without verbal communication.
- 3 How we talk and what we say reveals much about our character and inner world.

TWO DISTINCT PARADIGMS OF GUY TALK

- 1 **Traditional:** Childish, Critical, and Closed
- 2 **Transformative:** Confident, Curious, and Complimentary

FIVE COMMUNICATION FLAWS FOR GUYS

- 1 Racism, Stereotypes, and Hate Language
- 2 Grumbling and Complaining
- 3 Gossip and Backbiting
- 4 Sarcasm and Course Humor
- 5 Exaggeration and Lying

FOUR ROOT ISSUES OF DYSFUNCTIONAL GUY TALK

- 1 Insecurity
- 2 Jealousy
- 3 Entitlement
- 4 Fear

THREE RARE AND EXTRAORDINARY TALK TACTICS FOR REAL MEN

- 1 Admit Failure
- 2 Ask Forgiveness
- 3 Affirm Friends/Family



INTROSPECTION

Moral Reflections

Write a few sentences about something you feel is **right**.

Write a few sentences about something you feel is **wrong**.

Write a few sentences about something you feel is **good**.

Write a few sentences about something you feel is **bad**.

Write a few sentences about something you feel is **best**.



INTROSPECTION

“Waste no more time arguing about what a good man should be. Be one.”

Marcus Aurelius

Place a ✓ next to the top three Moral Virtues for which you most aspire personally.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Honor | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Patience |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Commitment |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Tenacity |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Tact |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Prudence | <input type="checkbox"/> Empathy |
| <input type="checkbox"/> Grace | <input type="checkbox"/> Contentment |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Assertiveness |
| <input type="checkbox"/> Humility | <input type="checkbox"/> Cooperation |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Adaptability |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Kindness | |

Source: **25 Virtues Found in the Best of Men** by Chuck Chapman as highlighted on *The Good Men Project* online resource.



ACTION PLAN: MORAL DIMENSION

My immediate choice (start or stop) in the **Moral Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

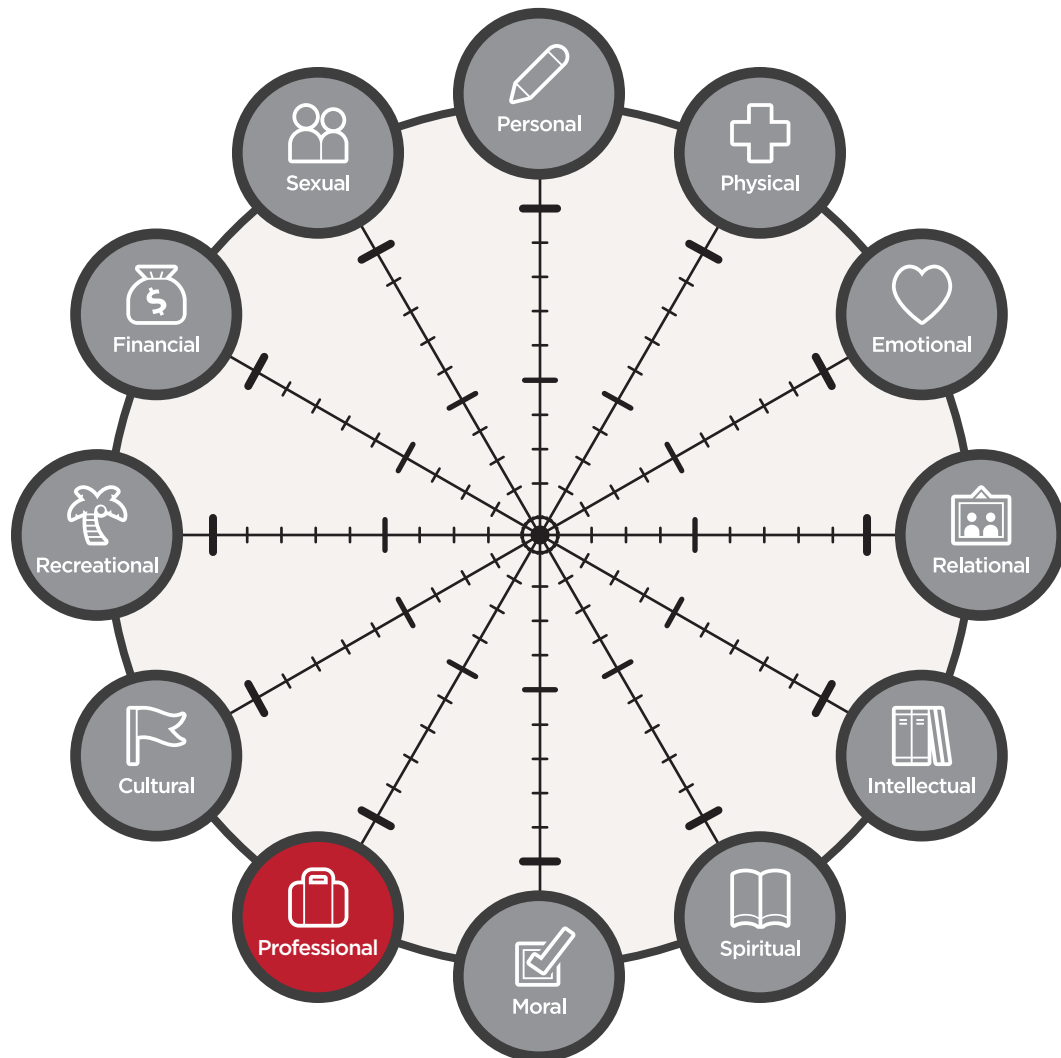
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE PROFESSIONAL DIMENSION



IDEA

The **Professional Dimension** is the aspect of a man's life that focuses on his choices concerning educational pursuits, career aspirations, and workplace habits.





INTRODUCTION

I am far more than my job.

You are far more than your career. In fact, the professional dimension represents only 1/12 of our lives. Yet, for most men, this alluring dimension drives most of their decisions and defines many of their values.



INTERACTION

Brainstorm the Differences Between a Job and a Profession

JOB	PROFESSION



IDEA

The Four Seasons of a Man's Life

Age 0-20

SEASON OF *IDENTITY* (LEARNING ABOUT MYSELF)

In this season, you need to Embrace Five Truths:

- 1 I am **someone** (I am more than just a something)
- 2 I am **significant** (I can make a difference)
- 3 I am **special** (I am like no one else in the entire world)
- 4 I am **spiritual** (I am more than meets the eye)
- 5 I am **strong** (I have the ability to follow through on my decisions)

Age 20-40

SEASON OF *INVESTIGATION* (DECIDING WHAT TO DO)

In this season, you need to Expose Five Lies:

- 1 My value is determined by what I accomplish.
- 2 My worth is measured by power, position, and possessions.
- 3 My self-image is dependent on the approval and affirmation of people.
- 4 My sense of security is rooted in career, capital, and control.
- 5 My happiness is a result of serving and satisfying myself.

Age 40-60

SEASON OF *INFLUENCE* (MAKING A REAL DIFFERENCE)

In this season, you should be in a sweet spot where you are only doing those things that only you can uniquely do.

Age 60-100

SEASON OF *INSPIRATION* (MENTORING THE NEXT GENERATION)

In this season, you invest most exclusively in meaningful relationships and pass along transformational wisdom and powerful life lessons to those who will follow behind you.



INTROSPECTION

Have you successfully embraced the truths about yourself during your journey through the **Season of Identity**?

Are you effectively incriminating the most common lies during your journey through this **Season of Investigation**?



INTERACTION

Rank from 1-10 (1=Most Important and 10=Least Important) which perks and amenities are your considerations when choosing a career and accepting an actual position.

- ___ Salary
- ___ Flexible Hours
- ___ Enjoyable Co-Workers
- ___ Calling & Cause Orientation
- ___ Health Benefits
- ___ Vacation Time
- ___ Retirement Package
- ___ Great Boss
- ___ Promotion Opportunities
- ___ Other:



INSTRUCTION

Shaping a Fantastic Future

SEVEN PARANOIAS ABOUT THE FUTURE

- 1 What if I am not successful?
- 2 What if I do not achieve my dreams?
- 3 What if I miss that one opportunity of a lifetime?
- 4 What if I do not find that special someone?
- 5 What if I do not attain financial security?
- 6 What if I get stuck in a job I hate?
- 7 What if I never find happiness?

SEVEN PERSPECTIVES ABOUT THE FUTURE

- 1 I am not the center of the universe, and life is bigger than my individualized plan.
- 2 Compared to most of the world's population, I am extremely privileged.
- 3 I am not entitled to nor deserve to satisfy every desire or achieve every dream.
- 4 Worrying about the future is a worthless investment of my energy.
- 5 Obsessing about the future robs me of today's opportunities.
- 6 While I cannot control my future, I can participate in shaping my future.
- 7 Be today who I want to become tomorrow.

SEVEN PRACTICES FOR THE FUTURE

- 1 **Perspective**
Envision my future in a larger context than just my career.
- 2 **Preparation**
Focus on the development of my character and competencies today.
- 3 **Priorities**
Say yes only when it connects with my personal mission statement.
- 4 **Plan**
Establish short-term and long-term goals in light of the future.
- 5 **Proactivity**
Actually do today what I decided yesterday.
- 6 **People**
Initiate and invest in VIP relationships as an end in themselves.
- 7 **Persistence**
Don't avoid risks. Don't get discouraged. Don't give up.



INSTRUCTION

Formula for Finding a Good Career Fit

Enthusiasm x Education x Experiences x Expertise = Employment

Enthusiasm (I like it)

Education (I have knowledge about it)

Experiences (I am trained to do it)

Expertise (I am really good at it)


 **Introspection:** How would you grade yourself in each of the Four E's?



INSTRUCTION

Ten Powerful Workplace Habits

- 1 Do every task with excellence and give attention to details; do not ever cut corners.
- 2 Work both hard and smart.
- 3 Be an optimistic problem-solver, and not a pessimistic complainer.
- 4 Refuse to participate in workplace gossip.
- 5 Present yourself well – knowing that personal grooming, professional attire, and common courtesies really do matter.
- 6 Pursue opportunities with the intent to develop character qualities and competencies, and not just to pad your resume.
- 7 Reflect on the fact that value-added (and not just longevity) is the best gift you can give your supervisor and coworkers.
- 8 Guard against entitlement, jealousy, and comparison.
- 9 Take advantage of professional development opportunities, including coaching and mentoring.
- 10 Be all-in all the time when on the clock.

 **Introspection:** Have you ever struggled with living out one or more of these workplace habits?



INTERACTION

Each of the DMB Coaches (Discovery XP Facilitators) have very successful careers beyond coaching and consulting... and are responsible for hiring qualified professionals whom they will supervise in their respective fields. Each of these individuals think often about the following questions within their own businesses.

In regards to your current situation or your potential future scenario, consider these **five questions** for yourself:

- 1 Who do you hire?
- 2 Who do you fire?
- 3 Who quits?
- 4 Who do you retain?
- 5 Who do you promote?



INTROSPECTION

If asked by a potential employer at any point, “Why should I hire you?” have you formulated and memorized your response?



ACTION PLAN: PROFESSIONAL DIMENSION

My immediate choice (start or stop) in the **Professional Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

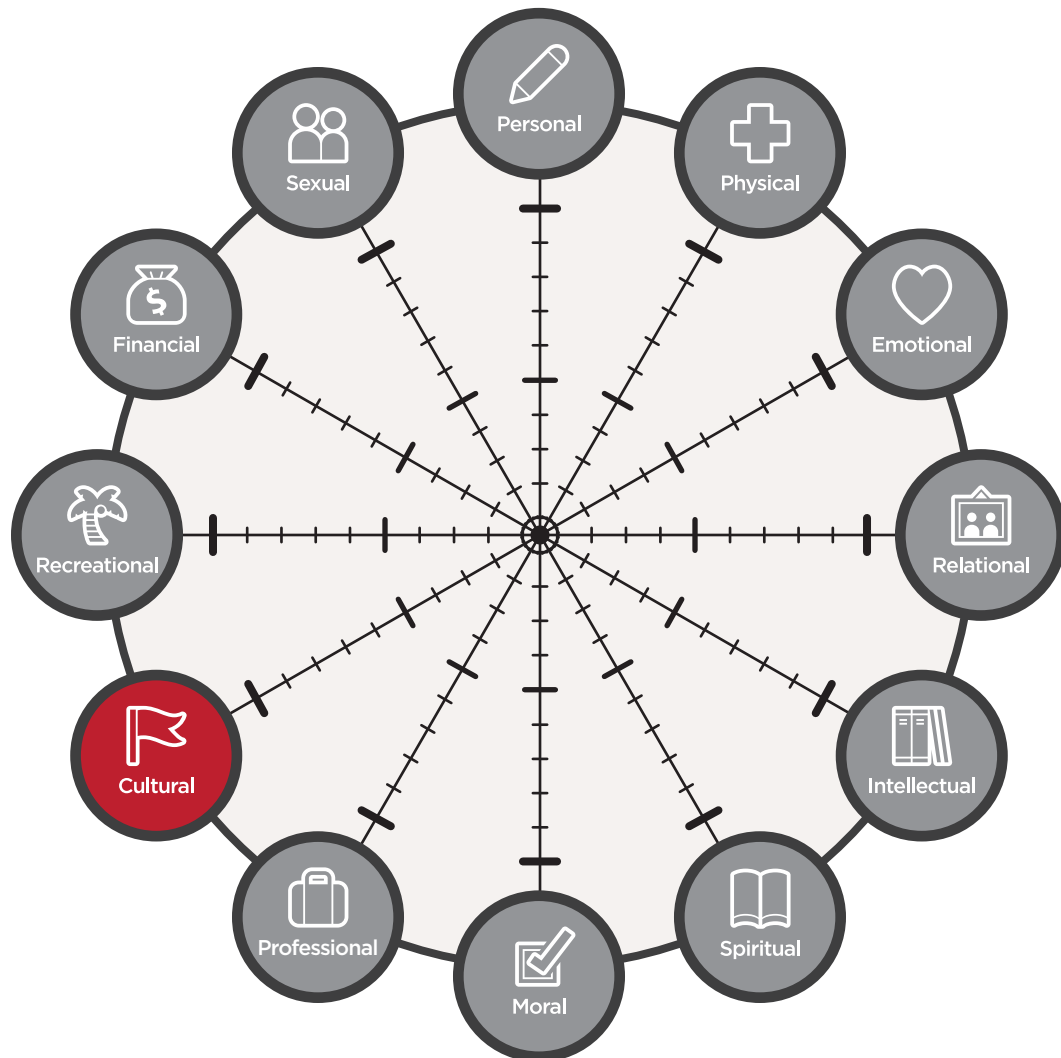
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE CULTURAL DIMENSION



IDEA

The **Cultural Dimension** is the aspect of a man's life that focuses on how he interprets his family background, race, ethnicity, nationality, geographical upbringing, and political viewpoints.





INTRODUCTION

Diverse people and different perspectives make all of us somewhat nervous, whether we admit it or not.

Every young man has his triggers: those comments, skin colors, encounters, beliefs, or differences that cause us to recoil and look away, or in some cases, fight back. The root of all prejudice is fear. Period. One hundred percent of the time.



INSTRUCTION

Cultivating Cultural Literacy & Sensitivity

CULTURAL IDENTITY CATEGORIES

Race
Ethnicity
Nationality
Geography
Family Values
Sexual Orientation
Gender Identification
Religious/Spiritual/Secular Worldview
Political Persuasions
Education Level
Socioeconomic Status
Ability

CULTURAL CONVERSATION CHALLENGES

Passivity
Prejudice
Pride
Panic
Preoccupation

CULTURAL GROWTH CHOICES

- ✓ Identify life lessons, relationship patterns, life habits, and unspoken norms from your family of origin and how your upbringing has affected you today in each of the twelve dimensions.
- ✓ Seek to better understand your personal connection to a particular race, identity, geography, ethnicity, or nationality and decide in what ways you will incorporate these cultural components into your present and future life experiences.
- ✓ Exert the necessary energy to expose and decode your own personal prejudices and stereotypes towards others.
- ✓ Explore new places and engage with people different from yourself.



INTROSPECTION

Assign a grade (A, B, C, D or F) to each of the twelve cultural identity categories, based upon how you feel each identifier triggers discomfort or fear for you personally.

Example: Assign an A to those factors that activate your emotions the strongest when you encounter differences, and assign an F to categories for which you never experience a negative reaction to diversity.

- ___ Race
- ___ Ethnicity
- ___ Nationality
- ___ Geography
- ___ Family Values
- ___ Sexual Orientation
- ___ Gender Identification
- ___ Religious/Spiritual/Secular Worldview
- ___ Political Persuasions
- ___ Education Level
- ___ Socioeconomic Status
- ___ Ability



INSIGHT

We are afraid of differences only until we begin to see and encounter the person behind any presumed label. However, when we take the time to lean in and look closely, our perspectives will change forever.



INSTRUCTION

Look Closely

THE BIG PICTURE

It is far easier to keep my distance from people who are different than me, rather than to encounter their stories and realities up close. Looking away feels safer and less scary, and far less disruptive to the way I have grown accustomed to seeing and interpreting the world around me through my own narrow perspective.

THE BASIC PRINCIPLES

- 1 Looking does not happen by accident.
- 2 Seeing is believing, and believing requires seeing.
- 3 Look beyond the obvious and between the lines.
- 4 Blindness is often a choice.
- 5 Don't look away when the reality is difficult or disturbing.

THE BEST PRACTICES

- 1 **Premeditation:** the choice to consider
- 2 **Proactivity:** the choice to step out
- 3 **Proximity:** the choice to draw near
- 4 **Presence:** the choice to stay close
- 5 **Participation:** the choice to be involved

THE BOTHERSOME PROBLEMS

- 1 Cloistered & Comfortable
- 2 Complacent & Content
- 3 Conflicted & Confused
- 4 Close-minded & Cautious
- 5 Critical & Cynical

THE BOLD PROMISES

- 1 Once you open your eyes, what you see might disrupt your thinking.
- 2 Once you open your eyes, what you see might reshape your sense of reality.
- 3 Once you open your eyes, what you see might break your heart.
- 4 Once you open your eyes, what you see might modify your plans for the day.
- 5 Once you open your eyes, what you see might shift your trajectory for tomorrow.



INTROSPECTION

Through what lens (my family, my community, my culture, my religion, etc.) do I most often interpret the world and evaluate others?

How do I currently respond when I see with my own eyes inequalities and injustices around me?

Am I a person who pauses long enough to look closely at diverse people and diverse places?

What gets in the way of me being an observant and thoughtful person in regards to cultural differences?

What could be my next steps to growing as an observant and thoughtful person in regards to cultural differences?



ACTION PLAN: CULTURAL DIMENSION

My immediate choice (start or stop) in the **Cultural Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

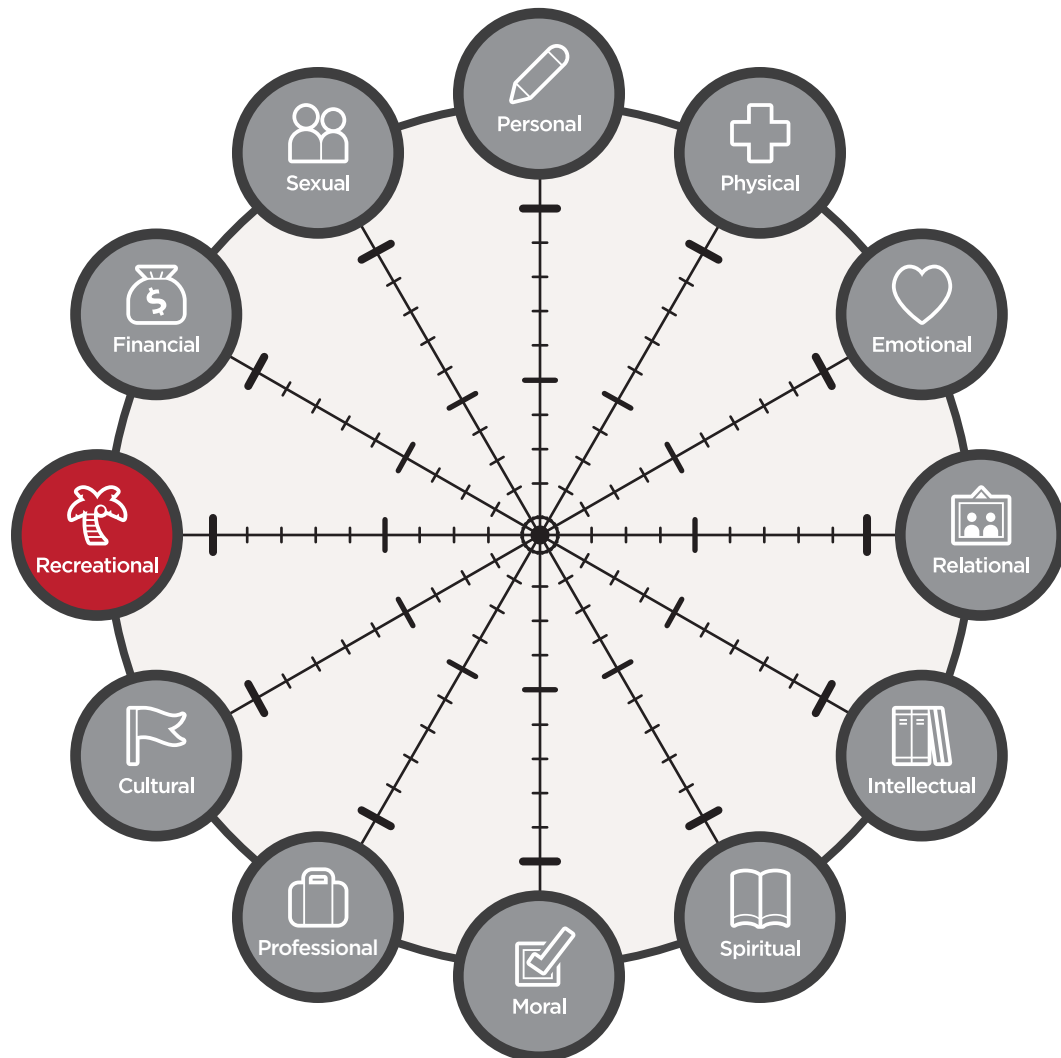
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE RECREATIONAL DIMENSION



IDEA

The **Recreational Dimension** is the aspect of a man's life that focuses on his choices regarding rest, relaxation, leisure activities, hobbies, and his perception on the nature of fun.





INTRODUCTION

Good times. Hanging out. Parties. Dancing. Socials. Drinking. Sports. Video games. Young men enjoy having fun. Don't we all?

We think about the next fun experience or the next fun activity or the next opportunity to relax more than most anything else. But why? Our fixation on fun is interesting and curious, which makes this discussion so very important for young men.



INTROSPECTION

Imagine it is Friday afternoon and the weekend is now only a few hours away. In your dream world, what would make this weekend the best ever? Write down your #1 choice for having fun.



INSTRUCTION

Having Fun that is *Truly* Fantastic Fun

OBJECTIVE OF HAVING FUN

Fun is the by-product of engaging in enjoyable experiences in a playful, positive, and purposeful way that refresh and rejuvenate the mind, body, and spirit.

OPTIONS (HEALTHY & UNHEALTHY) FOR HAVING FUN

- Memory-Making with Friends (hanging out of all sorts)
- Trips & Travel (new places, nature encounters, and unique sites)
- Food Indulgences (cooking, comfort food, and creative culinary experiences)
- Reading & Reflection (books, magazines, meditation, and solitude)
- Sexual Stimulation (pornography, masturbation, and erotic encounters)
- Chemical Substances (tobacco, caffeine, alcohol, weed, and other drugs)
- Media Entertainment (internet, social media, television, movies, and video games)
- Gambling (online, casinos, informal card games with friends)
- Sport (exercise, competition, and fan-based spectating)

Having Fun that is *Truly* Fantastic Fun (cont.)

Introspection

Which of these options are your preference for fun and why?

Introspection

Which of these nine options are most likely to accomplish the purpose of fun: “to refresh and rejuvenate the mind, body, and spirit”?

OUTCOMES FOR HAVING *TRULY* FANTASTIC FUN

- Relational connection with lifegiving people
- Replenishing an empty emotional tank
- Realizing a calm and unhurried state of being

OBSTACLES TO HAVING *TRULY* FANTASTIC FUN

- Seeking to evade responsibilities or escape reality
- Substituting mere amusement for meaningful recreation
- Selecting activities that feed unhealthy life patterns and addictions
- Searching for happiness as the goal when having fun

OWNING YOUR OPPORTUNITIES FOR HAVING *TRULY* FANTASTIC FUN

- Find friends who inspire you to choose healthy outlets for recreation.
- Resist the temptation to live for the weekend: Monday through Friday is not a dress rehearsal for Saturday & Sunday.
- Choose hobbies and pastimes that refresh and refuel you for the next day/week.
- Avoid leisure activities that sap your energy, numb your soul, or encourage an escape from reality.
- Eliminate entertainment options that isolate you from people or strain important relationships.
- Designate one day every week as a day of rest.



INSTRUCTION

Punch Procrastination in the Face

THE PORTRAIT OF PROCRASTINATION

Procrastination is the practice of delaying important and time-sensitive decisions or duties in order to dodge responsibility or avoid reality.

Procrastination is often symptomatic of an out-of-balance and often-unhealthy desire for continuous recreation and fun.

FIVE POSSIBILITIES FOR PROCRASTINATION

- 1 Difficult tasks
- 2 Tough choices
- 3 Risky relational pursuits
- 4 Uncomfortable conversations
- 5 Meaningful life changes

THREE PRINCIPLES OF PROCRASTINATION

- 1 Procrastination is merely postponing an inevitable responsibility or reality.
- 2 Procrastination makes the inevitable responsibility or reality more difficult in the end.
- 3 Procrastination over time will become a permanent pattern in life.

FOUR PROBLEMS THAT PROMPT PROCRASTINATION

- 1 **Perspective:** Looking only at today
- 2 **Pleasure:** Living only for now
- 3 **Pressure:** Longing for some temporary relief
- 4 **Passivity:** Lacking the ability to actually act

THREE PRESCRIPTIONS FOR PROCRASTINATION

- 1 Drive & Determination
- 2 Define & Deflect Distractions
- 3 Discipline & Daily Decisions

FOUR PROACTIVE PRACTICES TO ERADICATE PROCRASTINATION

- 1 Put difficult or draining duties and decisions in your schedule.
- 2 Follow through on your scheduled priorities, no matter how you feel.
- 3 Make your priorities public to those who tend to deter or distract you.
- 4 Pursue dependable accountability relationships.



INSIGHT

Fun is meant to be pleasurable. However, as the intensity and frequency of certain recreational activities increase, the once-enjoyable activity now rules the heart, controls the mind, and is only gratifying in ever-increasing measure. Fun has now morphed into a mental, emotional, and/or physical stronghold. As a result, an addiction has developed.



INSTRUCTION

Breaking Free from Addiction

TOPIC OF ADDICTION

Addiction is a deliberative series of actions, which produces temporary positive rewards followed by often-delayed negative consequences.

TYPES OF ADDICTION

Food addictions (particularly sugar and fat)

Sex addictions (pornography, incessant masturbation, hooking up)

Substance addictions (tobacco, drugs, caffeine, alcohol)

Entertainment addictions (internet, mobile phone, television, movies, social media)

Gaming addictions (role playing, video games, and gambling)

Shopping addictions (overspending, hoarding, collecting)

Activity addictions (working and working out)

TRUTH ABOUT ADDICTION

- Addiction is a result of misdirected motion to find pleasure and satisfaction
- Addiction is an illegitimate response to a legitimate need
- Addiction begins with a choice, but grows into a neurological issue over time
- Addiction occurs when two characteristics are present: ruling emotions and lack of self-control
- Addicts: masters of minimizing, lying, and excuse-making
- Addicts: the future is now, so it is hard to see beyond the moment

Breaking Free from Addiction (cont.)

- Addiction symptoms:
 1. Others notice it
 2. Relationships change
 3. More of the activity or substance is required to experience the same rush
 4. Behaviors are hidden and justified
- Addiction can be overcome through neurological reprogramming to build new neuro-pathways
- Addiction is managed, but not eliminated
- Addiction is about “freedom from” as opposed to “healing of”

Introspection

How have the addictions of family members or close friends impacted your life?

TIPS TO BREAKING FREE FROM ADDICTION

- 1 **Admit** your addiction to close friends and family members.
- 2 **Acknowledge** your addiction is harmful and that you want healing.
- 3 **Ask** for help and accountability.
- 4 Change routines (21 days is often sufficient to form a new habit).
- 5 Trade harmful addictions for healthy addictions.
- 6 Invest in cultivating new pleasure centers.
- 7 You can't make big changes, but you can make small choices.



INTROSPECTION

Be honest with yourself. Are you struggling with an addiction? If so, what is your next step in facing this reality?



ACTION PLAN: RECREATIONAL DIMENSION

My immediate choice (start or stop) in the **Recreational Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

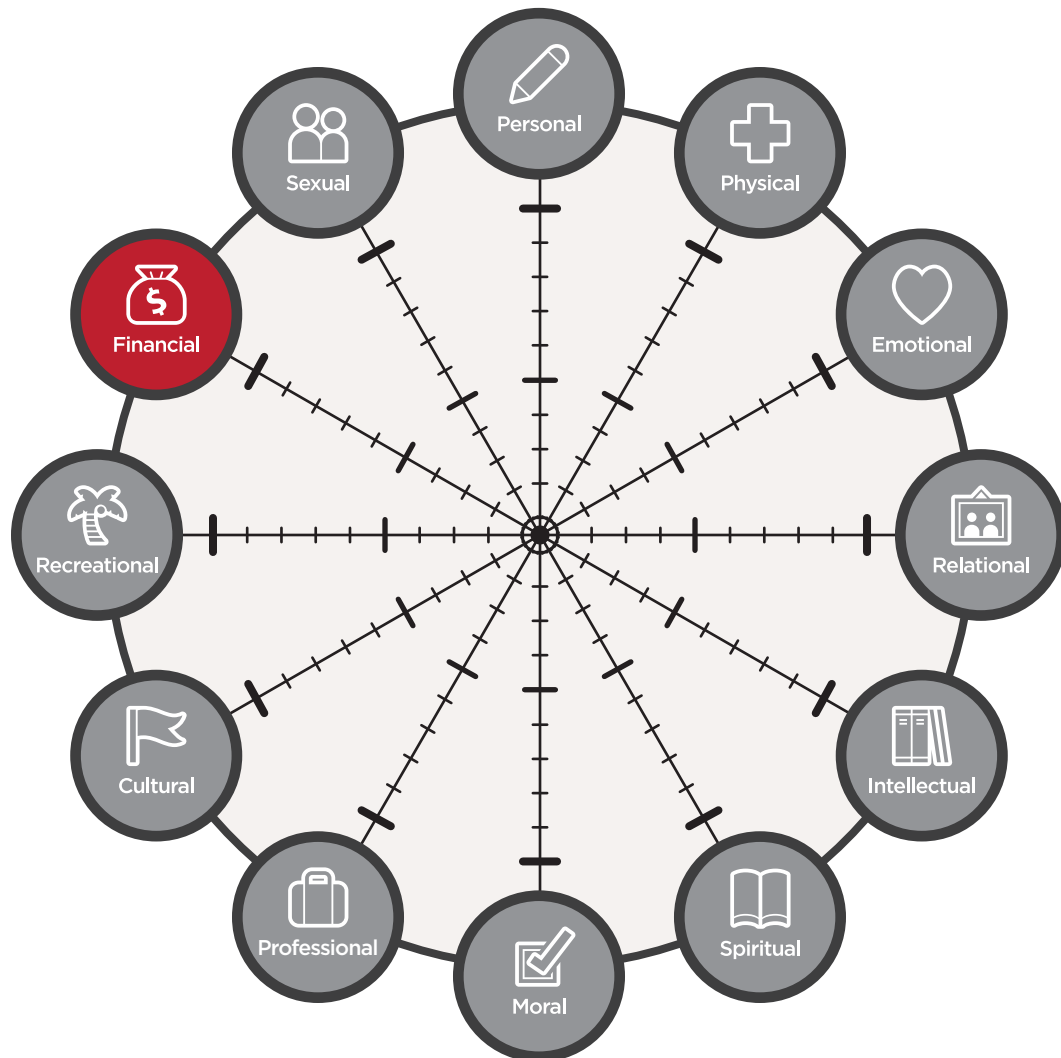
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE FINANCIAL DIMENSION



IDEA

The **Financial Dimension** is the aspect of a man's life that focuses on his choices about money: spending, saving, investing, budgeting, debt, and charitable giving.





INTRODUCTION

Money opens doors of opportunity. Money yields influence. Money is power. For most Americans, there is a strong belief that money is the key to happiness. Maybe not the only key, but surely the biggest key.

Second only to the physical dimension of life – your financial perspective, priorities, and practices will affect who you are becoming as a man more than you can imagine.

Introspection

Who or what has most shaped your personal perspective and feelings about money?



INTROSPECTION

How would you describe your socioeconomic status?

My immediate family is:

- Impoverished
- Poor
- Lower-Middle Class
- Middle-Class
- Upper-Middle-Class
- Upper Class
- Rich
- Extremely wealthy

Apart from my family, I am:

- Impoverished
- Poor
- Lower-Middle Class
- Middle-Class
- Upper-Middle-Class
- Upper Class
- Rich
- Extremely wealthy



INSIGHT

Wake-Up Call

If there were only 100 people in the world today (as opposed to 7.5 Billion), here is the breakdown. **Take special note of who is wealthy.**

GENDER

50 would be female
50 would be male

AGE

25 would be 0-14
66 would be 15-64
9 would be 65 and older

GEOGRAPHY

60 would be from Asia
16 would be from Africa
10 would be from Europe
9 would be from Latin America
5 would be from North America

RELIGION

31 would be Christian
23 would be Muslim
16 would not be religious
15 would be Hindu
7 would be Buddhist
8 other

FIRST LANGUAGE

12 would speak Chinese
6 would speak Spanish
5 would speak English
4 would speak Hindi
3 would speak Arabic
3 would speak Bengali
3 would speak Portuguese
2 would speak Russian
2 would speak Japanese
60 would speak other languages

EDUCATION

7 would have a college degree

LITERACY

86 would be literate
14 would be illiterate

SHELTER

78 people would have shelter
22 would not

URBAN/RURAL

54 would be urban dwellers
46 would be rural dwellers

DRINKING WATER

91 would have safe water
9 would not have safe water

FOOD

11 would be undernourished

INFECTIOUS DISEASE

1 would have HIV/AIDS
1 would have tuberculosis

ELECTRICITY

82 would have electricity
18 would not

TECHNOLOGY

65 would be cell phone users
47 would be internet users
95 live in an area cell service

SANITATION

68 would have sanitation
14 would have no toilets
18 would have unimproved toilets

WEALTH

15 earn less than **\$1.90** per day
56 earn **\$2-10** per day
13 earn **\$10-20** per day
9 earn **\$20-50** per day
6 earn **\$50-90** per day

Only 1 would make more than **\$90** per day, and that one person would control **50%** of the world's wealth.

SOURCE: www.100people.org (Statistics as of 2016)



INTROSPECTION

How do you and your family compare to the rest of the world?



INSTRUCTION

Making the Most of My Money!

BIG PICTURE ABOUT MONEY

Money is the primary resource by which human beings attempt to secure provision (meet needs) and seek prosperity (achieve wants) through spending, saving, and/or investing.

BOLD PERSPECTIVE ABOUT MONEY

- 1 Consumerism backfires by robbing people of contentment.
- 2 Money does not guarantee safety, security, and/or satisfaction.
- 3 The poorest college student is wealthier than 71-84% of the world's population.
- 4 Research suggests that a \$75,000/income/year is where happiness plateaus in reference to wealth.
- 5 *Stewardship* of money is a more realistic and empowering notion than *ownership* of money.
- 6 Generosity should not be postponed until later, because later will never come.
- 7 Millionaires and lottery winners have high rates of depression and suicide.
- 8 Money should be viewed as a *tool for positive change*, and not a *treasure for personal consumption*.
- 9 A spirit of gratitude is cultivated more by giving than getting.
- 10 Budgeting money is not bondage, but the pathway to freedom.
- 11 Greed will steal your joy, and wealth will increase your worry.
- 12 Money can buy some level of comfort and convenience, but not control or contentment.
- 13 Wealth is uncertain, unpredictable, and ultimately unsatisfying.

Introspection

Which of these 13 perspectives most strike a chord with you and why?




INSTRUCTION

Making the Most of My Money! (cont.)

BIGGEST PITFALLS WITH MONEY

- 1 Inability to delay immediate gratification when making financial decisions
- 2 Accumulation of personal debt for non-essential possessions and/or services
- 3 Paying the minimum monthly requirement on credit card balances
- 4 Previously spending college loan dollars like Monopoly money
- 5 Living beyond your means while ignoring reality: “I can’t live on a budget.”
- 6 Starting to save/invest too late in life to achieve later-in-life goals
- 7 Failure to realize that every dollar counts and can contribute to a positive future for you and others

 **Introspection:** Underline which one of these seven pitfalls are most challenging for you personally.

BEST PRACTICES WITH MONEY

- 1 Establish a personal budget that accurately tracks income and expenses.
- 2 Eliminate all personal debt (via credit cards, in particular) as it pertains to “wants.”
- 3 Designate a portion of your earnings to charitable causes, even in this seemingly-early Second Season of Life.
- 4 Start saving now to reap exponential growth in the future.
- 5 Postpone spontaneous big-dollar purchases for at least one week.



INTROSPECTION

For just a few moments, theoretically consider how choices in the financial dimension of life might intersect with the other eleven dimensions.

Draw a line from the financial dimension to as many of the other dimensions that you feel are likely affected by spending, saving, investing, budgeting, debt, and charitable giving.



Introspection

What did you discover about the significance of the financial dimension?



ACTION PLAN: FINANCIAL DIMENSION

My immediate choice (start or stop) in the **Financial Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

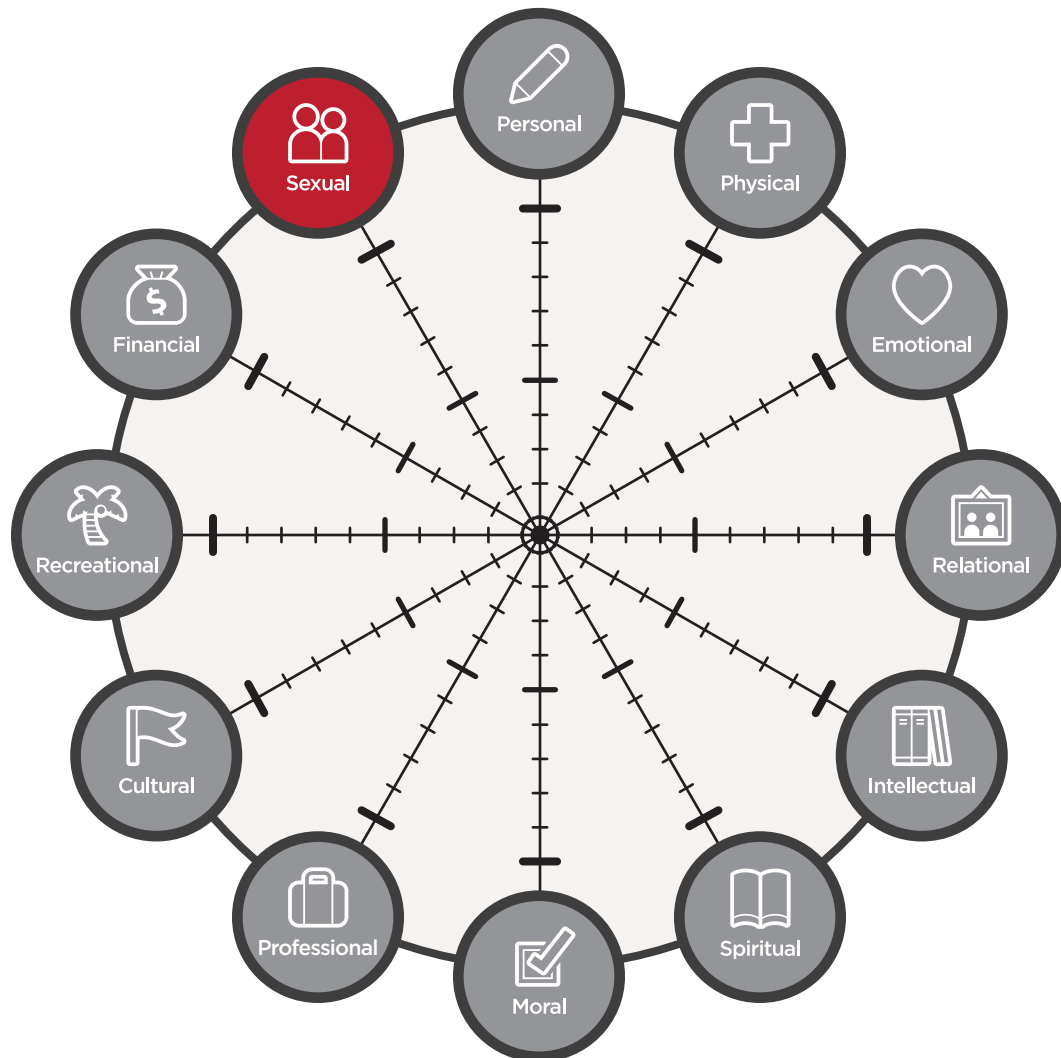
What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

THE SEXUAL DIMENSION



IDEA

The **Sexual Dimension** is the aspect of a man's life that focuses on his choices about sexual boundaries, preferences, and activities.





INTRODUCTION

Conversations about sex can be dynamic, somewhat delicate, and maybe even difficult. Some of our most memorable experiences could be connected to the sexual dimension of our lives. Surely, some of our strongest desires are associated with our sexuality. Furthermore, there are Phi Kappa Theta brothers who have also suffered and struggled in the sexual dimension of their lives.

Regardless of where you find yourself today in regards to your sexual orientation, sexual beliefs, and/or sexual behaviors - please know that this chapter represents an extremely important opportunity, and just might provide one of the most reflective moments of your life.



INTROSPECTION

Who or what has most shaped your personal perspective and feelings about your sexuality and/or sexual intimacy in general?



IDEA

As part of this Discovery XP Resource Guide for this Investigative Season of Life, there is a robust and comprehensive curriculum about the Relational Dimension regarding the many facets of romantic love in Chapter Four of Module Two. Dating, marriage, and sexuality are closely intertwined, so you might consider reviewing the principles and practices related to romantic love in that particular chapter as a foundation for the instructions and reflections regarding the Sexual Dimension of Life.



ACTION PLAN: SEXUAL DIMENSION

My immediate choice (start or stop) in the **Sexual Dimension** of Life is:

To ensure that this choice is accomplished and sustained, consider each of the Eight Essentials of Success:

PERSPECTIVE

the dream of who I want to become and how I envision my future

What do I want to be said of me in this dimension of my life in the final years of my life?

PREPARATION

the development of character and competencies to become that person

What can I be doing in advance and alongside of this choice to accelerate positive change?

PASSION

the deep desire that fuels motivation

When am I most and least motivated to achieve this change in my life?

PRIORITIES

those outcomes that are most primary and important in my life

What do I want to be noticeably different in this dimension of my life in six months?

PLAN

the decision to establish specific and achievable goals

When during my week will I schedule block(s) of time to work on this dimension?

PROACTIVITY

actually doing the details of the decision on a daily basis

What is the most important and non-negotiable DAILY choice that I will execute regardless of my motivation level?

PEOPLE

discussions and deliberations with inspiring people who share my vision

Who are 2-3 people with whom I will share about this choice who will be my accountable allies and advocates each step of the way?

PERSISTENCE

the dogged drive to push through barriers, climb over obstacles, and maneuver around roadblocks that threaten my growth, progress, and success

What will be my advance plan of action when I feel like I am slipping into old habits and patterns in this dimension?

LIFEGIVER

Loving Intentional Fun Expressive Generous Inquisitive Vigorous Enthusiastic Responsive

THE PROBLEM

Most fraternity men are lifetakers (self-consumed and self-absorbed).

WHY LIFETAKERS AREN'T OFTEN LIFEGIVERS

- They may be preoccupied with what other people think about them.
- They care about people, but only to the degree that they get something out of them for their personal benefit.
- They are stuck in the comparison trap.
- They are selfish... and make life all about them.
- They may have never seen lifegiving modeled in their past or current family, social, or professional environments.
- They suffer from the leaky bucket syndrome.

THE CHALLENGE

1. Reflect. Review and rank the acrostic and best practices: top three and bottom three with root causes.

2. Reach Out. Ask two or three close friends: Am I more of a lifetaker or a lifegiver? What are some lifegiving qualities I possess? What are some lifetaking qualities I possess?)

3. Resolve. Decide to embark on the journey of rejecting a life of self-interest and self-absorption and pursuing a lifegiving path of leadership and influence.

DECIPHERING YOUR LIFEGIVING LEADERSHIP QUOTIENT (LQ)

- Have you ever permanently broken yourself of a bad habit?
- How do you respond when things go wrong for you?
- How do you handle criticism?
- Do you readily secure the cooperation of others and win the respect and confidence of others?
- Would people trust you with handling a very difficult and delicate situation?
- Can you align people to happily do something – which they would not normally wish to do?
- Can you accept opposition to your viewpoint, without feeling defensive?
- Do you find it easy to make and keep friends?
- Are you dependent on the praise and approval of others to keep going forward in a particular task?
- Are you at ease in the presence of superiors and strangers?
- Are you really interested in people?
- Do you possess tact – being able to anticipate the likely affect of a statement before you make it?
- Do you nurse resentments, or do you forgive quickly injuries done to you?
- Are you naturally optimistic or pessimistic?
- Do other people's failures annoy you?
- Are you naturally critical or affirming?
- Do you shun the draining person or seek them out?

BEST QUALITIES AND PRACTICES OF A LIFEGIVER

Loving an individual means...

- accepting them unconditionally, regardless of their behavior or beliefs.
- serving them and meeting their needs tangibly.
- caring about them, putting down your guard and letting your heart feel.
- showing love to them.

Being **intentional** with an individual means...

- going to them, and not waiting for them to come to you.
- hanging out in their world and on their turf.
- moving close, making eye contact and engaging.
- making that phone call, setting up that hang out time and stopping by their home.

Having **fun** with an individual means...

- doing fun stuff with them, without an agenda.
- being their friend, just because.
- being spontaneous.
- laughing at their jokes, enjoying their quirks and celebrating their joys and successes.
- diving headfirst into their world of interests – taking risks and trying new things with them.

Being **expressive** with an individual means...

- encouraging their strengths and unique contributions.
- telling them how you feel about life – both the good and bad.
- telling them how you feel about them and their friendship.
- letting them see the emotions that flow from your pain and pleasure.
- sharing life-words, with no expectation of verbal feedback.

Being **generous** with an individual means...

- sacrificing your time to be with them.
- sharing your prized and precious possessions with them.
- being generous with your financial resources.
- seeking out opportunities to meet tangible needs in their lives.
- the willingness to share your heart, desires and dreams.

Being **inquisitive** with an individual means...

- being sincerely interested in other people.
- rejecting passivity in conversations.
- a willingness to carry most of a conversation, until a certain comfort level is achieved.
- not giving up on the quiet or socially awkward person.
- taking risks to explore with them the deeper issues of life; talking about things that matter.
- courageously asking personal questions in a caring way.
- understanding the importance of timing and tact.
- asking intelligent, open-ended questions.

Being **vigorous** with an individual means...

- persistence despite relational barriers.
- asking probing questions to uncover the root issues.
- responding to relational distance with expressive care.
- not shrinking back when conversations get tense.
- forging ahead even when friendship is not reciprocated.
- being the first to pursue resolving conflict or acknowledging relational tension.

Being **enthusiastic** with an individual means...

- approaching each day with an optimistic outlook.
- running after them with your heart, not just your feet.
- being energetic and excitable when with them.
- laughing hard with them.
- giving your friendship with them your all.

Being **responsive** with an individual means...

- being fully engaged when they are sharing with you.
- learning to use the power of touch as relational glue.
- maintaining great eye contact in conversation.
- responding quickly to their initiative - either by phone, email or in person
- replacing that blank stare with an expressive and interested facial expression.
- verbal and non-verbal responses - when they are speaking.
- becoming a student of your friend...seeking to know and understand their ways.
- picking up on their cues for help - and doing something about it.
- “rejoicing with those who rejoice and mourning with those who mourn.”

As you continue to edge closer to 25 years of age, there are several principles and practices of a successful and fulfilling life that should be considered earlier rather than later.

Sadly, for many young men, they lack mentors who can speak words of wisdom during the turbulent transition from boyhood to manhood. Most guys attempt to make sense of their desires, choices, relationships, and overall personal life on their own.

Stepping into adulthood alone and confused is avoidable. Phi Kappa Theta Brothers believe that together is better. Let's consider 25 powerful ideas, that if internalized and applied, will guarantee a rewarding and meaningful future.

Thing #1: Knowledge is very different than wisdom.

Thing #2: I cannot impart what I do not possess.

Thing #3: I cannot do it alone; self-sufficiency is a frustrating venture.

Thing #4: Adulthood doesn't just happen.

Thing #5: I am only as healthy as the friends who are at my side.

Thing #6: Who I am when no one is looking is who I really am.

Thing #7: Love is risky business, but is always worth the risk.

Thing #8: My time will be spent or invested, but never saved.

Thing #9: Delaying immediate gratification is the most important skill in life.

Thing #10: The world does not revolve around me.

Thing #11: Personal wellness is a result of cultivating each of the twelve dimensions* of life.

Thing #12: Life is difficult and hard.

Thing #13: I am only as strong as my ability to deal with my greatest weakness.

Thing #14: While I cannot choose my circumstances, I can always choose my response to my circumstances.

Thing #15: Every choice counts and every moment matters.

Thing #16: My legacy will be merely an accumulation of my daily choices.

Thing #17: I am never going to wake up one day having become someone I have not been becoming.

Thing #18: A lack of discipline in just one area of life is the first step onto the slippery slope of an undisciplined life.

Thing #19: Blaming people and things for my problems is a waste of precious time.

Thing #20: God is not my genie.

Thing #21: You can choose your way into change.

Thing #22: Happiness is merely a byproduct of a life well lived.

Thing #23: The path to finding my life is to lose it.

Thing #24: People change, but people don't change people.

Thing #25: Life is a mist, so maximize every moment.

*The Twelve Dimensions of Life: Personal, Physical, Emotional, Relational, Intellectual, Spiritual, Moral, Professional, Cultural, Sexual, Recreational, and Financial

APPENDIX 3 | THREE WORDS THAT WILL CHANGE YOUR LIFE

Just be you	Kiss gossip goodbye	Stay the course
Delay immediate gratification	Smile at others	Cultivate healthy patterns
Establish a routine	Predetermine sexual boundaries	Handle anger constructively
Tell the truth	Ask for guidance	Eat less dessert
Give a hug	Offer an apology	Spend time alone
Ask tough questions	Find a mentor	Get off couch
Express your emotions	Give something away	Seek out experts
Look beyond yourself	Fulfill that promise	Consider different perspectives
Invest in people	Cease complaining today	Critique peer advice
Cultivate close friendships	Wake up earlier	Think before speaking
Schedule your priorities	Create a schedule	Sit in silence
Make eye contact	Write a letter	Admit your mistakes
Don't give up	Join spiritual community	Update your wardrobe
Trim your beard	Consume less calories	Floss your teeth
Make your bed	Sweat every day	Stop viewing pornography
Call a friend	Don't blame others	Drink less beer
See a counselor	Stop making excuses	Never post criticism
Write down goals	Eat more veggies	Focus on becoming
Establish a budget	Clean your room	Develop your talents
Be on time	Put others first	Maximize every moment
Compliment your critic	Do not procrastinate	Embrace your limits
Laugh hard often	Count to 100	Establish exercise routine
Sing out loud	Pay off debt	Start a journal
Don't hold grudges	Limit social media	Initiate with strangers
Quit name calling	Resolve conflict quickly	Take a risk
Share that secret	Prioritize your family	Avoid divisive people
Show your appreciation	Celebrate others' successes	Talk to yourself
Resist the temptation	Consider the source	Learn something new
Establish dating standards	Ask him/her out	Express your spirituality
Drink more water	Stop justifying addictions	Tend to details
Follow the directions	Do it now	Be problem solver
Beat the deadline	Develop mission statement	Daily review values
Proofread your emails	Open your heart	Be fully present
Iron your shirt	Squeeze a shoulder	Develop character first
Talk to God	Give money away	Drop numbing entertainment
Practice saying no	Seek sexual consent	Explore new places

DMB COACHING PRESENTS

Three words

A BITE-SIZED PODCAST ABOUT CHOICES

KEEP THE CONVERSATION GOING

Every Monday we drop a new episode of **Three Words**, a podcast all about making the most of every moment.



Available Everywhere

threewordspodcast.com



APPENDIX 4 | THE SIX SPIRITUAL STORIES OF YOUNG MEN

Robert Nash (2001a; 2001b) proposes a narrative approach to describing the various ways in which young men examine and express their spiritual journeys. He arranged his ideas within a storytelling genre that he coined *religio-spiritual narratives*. Initially, Nash (2001b) depicted six religio-spiritual narratives that function in effect as distinct compositions of faith. Focused less on “the content of specific religions and spiritualities and more about personal journeys and discoveries” (Nash, 2001b, p. 64), three *mainstream* narratives – orthodoxy, wounded belief, and mainline, and three *alternative* narratives – activism, exploration, and secular humanism, comprise categories of religious and spiritual stories reflective of a range of college students.

NASH’S RELIGIO-SPIRITUAL NARRATIVES

CATEGORY	NARRATIVE	DESCRIPTOR
Mainstream	Orthodoxy	Belief in one absolute truth
Mainstream	Mainline	Value traditions, tolerance, and predictability
Mainstream	Wounded	Tentative, fearful, anti-authoritarian, and unsatisfied
Alternative	Activism	Motivated by faith in action, justice, and social reform
Alternative	Exploration	Spiritually inquisitive, experience-driven & syncretistic
Alternative	Secular Humanist	Rejection of organized religion in favor of logic and reason

Nash’s (2001a) three mainstream narratives (or traditional stories) are rooted in Christian, Jewish, and Islamic religious traditions. The **orthodoxy narrative** is assumed by those who believe: “there is a Truth that is unimpeachable, immutable, and final, and it can only be found in a particular book, institution, prophet, or movement. The mission of the Orthodox Believer is to deliver this Truth to others as an act of love and generosity” (p. 13).

Adherents to the orthodox position reflect a wide range of belief systems, though a large percentage of them on American college campuses are evangelical Christians. As Nash (2001b) reflected upon his time with orthodox students, he clarified that “some are stridently religious, others moderately so; some are anti-intellectual and self-righteous, whereas others are reasonable, charming, even modest in their claims” (p. 69). While this narrative was composed with mostly Christians in mind, “no single religious, political, economic, or educational ideology has a corner on the market of the orthodoxy narrative” (Nash, 2001b, p. 69). The orthodox narrative might possibly reflect the beliefs and behaviors of Atheists, serious-minded Muslims, Zionist Jews, or even evangelical Tea Party conservatives.

The second traditional story is the **mainline narrative**. Neither excessively conservative nor liberal in their political persuasions, averse to authoritarian structures and tolerant of diverse perspectives, this narrative reflects the experiences of a large segment of the college student population. Furthermore, these more reserved religious practitioners “prefer a life of traditional

worship that balances traditions, standards, self-discipline, and moral conscience with a degree of personal freedom, Biblical latitude, and the joie de vivre of close community life” (Nash, 2001a, p. 13). Mainliners prefer the predictable practices and time-tested traditions of their ancestors and the clear distinction between the sacred and secular, and exude a mild-mannered comfortability with content and even complacent parishioners. Nash (2001b) described this large bloc of college students as “solidly committed to their beliefs, but not triumphalistic, quiet not noisy, and civil not contentious ... holdouts against modernity and the religious experimentation and deconstruction that so often accompany it” (p. 86).

Unlike the orthodox and mainline believers, self-identified victims associated with the **wounded narrative** are not satisfied with their religious or spiritual experiences because of the abuse they endured at the hands of religious authorities in the name of religious virtue. These individuals, who often experience negative emotions derived from depressing memories, are asking a similar question: Where was God when all this was happening to me? The struggle with theodicy (i.e., the problem of evil) is inevitable for those who “suffered at the hands of hypocritical, over-zealous clergy, lovers, parents, relatives, and friends” (Nash, 2001a, p. 14). Wounded believers share a very different story than their orthodox counterparts, even though it is likely that many wounded individuals were once immersed in orthodoxy or its mainline cousin. Nash (2001b) described them as “highly tentative in their religious views, extremely self-effacing, fearful, genuinely ambivalent, and almost obstinately anti-authoritarian ... very angry or very resigned ... all of them have wretchedly sad stories to tell” (p. 76).

Nash’s (2001b) three alternative narratives articulate an “overall religio-spiritual view that intentionally integrates a number of beliefs and practices from a variety of sources into new expressions ... that go way beyond traditional and modernistic understandings of Christianity and Judaism” (p. 93). Alternative adherents come from a diversity of backgrounds, including traditional religious homes that “mixed and matched beliefs from a number of religio-spiritual systems,” (Nash, 2001b, p. 94), non-religious families who deemphasized spiritual matters, and religiously-neutral environments that encouraged exploration and self-discovery for children and adolescents.

The first of these unconventional stories is the **activism narrative**. Also referred to as “social justice activists” (Nash, 2001a), these believers are more concerned with making a positive contribution in the present rather than being preoccupied with the speculative rewards and consequences awaiting individuals in the afterlife. Advocating an “energetic faith dedicated to the liberation of oppressed peoples, equal rights for all, and radical social transformation marked by full democratic participation in decision-making” (Nash, 2001b, p. 96), activists push for social reform in the name of godly justice underscored by a faith-in-action liberation theology. Activist believers might also self-identify with many of the other religio-spiritual narratives, although it is rare for them to align themselves with either the orthodox or wounded narratives. Social justice is the theme that runs through the activist narrative in that “religion makes the most sense whenever it tells a story of human rights and social transformation” (Nash, 2001a, p. 15).

Next, those associated with the **exploration narrative** might be activist in some fashion, but are most often characterized by the spiritual quest that drives the purpose of this study. Nash (2001b) claimed that it was this story that was most common among both undergraduates and

graduates at his institution. These explorers reflect the “cry for meaning” (p. 105) at colleges and universities that have incited and excited modern researchers in higher education. Such stories reflect a restless mobility that focuses on process over product, experience over creed, and questions over answers ... best described as a “rolling account of an unfinished spiritual odyssey” (Nash, 2001b, p. 105). Nash (2001b) cited his own inability to clearly define the explorer because of the multifaceted and syncretistic nature of the beliefs. However, the one thing that explorers seem to: “share in common is an infectious sense of wonder, and, in religious matters, they exude a spirit of adventure and experimentation ... (in) the unceasing search to find something to believe in, something to love, something that will tie together the tag-ends of people’s chaotic lives” (p. 108, 110).

An emerging subcategory of the explorers is what Nash (2001a) called the mystics, who pursue the transcendent, “not through idle chatter or abstract concepts, but by way of meditation, mindfulness, and above all, a pervasive calmness” (p. 14). In this regard, Nash attempted to classify, with little success, not only the mystics, but also the perspectives of Neo-Paganism and Eastern Mysticism within the explorer narrative. This feat was challenging since the “exploration narrative is the most pluralistic religio-spiritual story of all” (Nash, 2001b, p. 108). Regardless, explorers all have strong spiritual appetites for personally meaningful spiritual paradigms that will inspire them without defining them. Open-minded, reflective, and spiritually engaged, these true pilgrims are content in embarking on an adventure that is more about the “process of exploring rather than in the act of foreclosing” (Nash, 2001b, p. 109).

The final alternative narrative is, at first glance, in opposition to the previous five narratives, since it finds its source of meaning in rationality and reason as opposed to the sacred and the supernatural. The **secular humanist narrative** is for those who reject the teachings of any organized religion while embracing a “scientific worldview ... a this-worldly (secular) approach to telling a particular story about reality” (Nash, 2001b, p. 116). Moreover, this narrative paradigm is populated with a variety of secular individuals, including existential humanists, postmodern skeptics, and scientific empiricists (Nash, 2001a), who are diverse in their understanding of truth and unique in their expressions of meaning making. However, secular humanists find common ground with one another in their “disdain for absolutisms” (Nash, 2001b, p. 120), skepticism about illogical religious systems, and a no-nonsense commitment to make life work in the here and now. Even Nash himself, in his own self-identification as a “spiritual seeker ... (whose) childhood Catholicism continues to have such a strong hold on me today (2001a, p. 2, 8) ... (who is also) an existential humanist, secular to the core, with a postmodern flair, but also a closet explorer, always looking, forever on the prowl for something more” (2001b, p. 122) resembles and reflects the expansive landscape of ever-growing religio-spiritual narratives that are taking root in our country and finding unique expressions on private and public colleges and universities. Even as the articulator of religio-spiritual narratives, Nash is but one exemplar of the diversity of traditional and alternative stories that are being constructed on college campuses across the country that describe the various ways in which college students examine and express their spiritual journeys.

Nash, R. J. (2001a). Constructing a spirituality of teaching: A personal perspective. *Religion and Education*, 28(1), 1-20.

Nash, R. J. (2001b). *Religious pluralism in the academy: Opening the dialogue*. New York: Peter Lang.

About an individual's background (family, childhood, life experiences)

- ❓ Where did you grow up?
- ❓ What was the hardest thing about growing up for you?
- ❓ Tell me about your family.
- ❓ Where did you go to high school? What kinds of things were you involved with then?
- ❓ What do your parents do for their careers?
- ❓ Do you have a boyfriend or girlfriend? Tell me about your relationship.
- ❓ What do you miss most about home, now that you're at college?
- ❓ How well did you get along with your siblings?
- ❓ Are you parents married or divorced? How has their relationship affected you?
- ❓ What about their marriage would you like to also emulate? What about their marriage would you like to do differently in your long-term relationships?
- ❓ Have you ever attended religious services? Tell me about your religious background. In what ways has that experience been positive or negative for you?
- ❓ Where have you traveled? What was your favorite place and why?
- ❓ How would you describe your present relationship with your family?
- ❓ What order are you in your family? Did you like that? How do you anticipate your birth order has affected you?
- ❓ How many times did you move while growing up? What was your favorite place that you lived?
- ❓ Were pets a part of your upbringing?
- ❓ Who was your best friend growing up? Is she or he still your best friend? Why or why not?
- ❓ What was your first job?
- ❓ Where did you and your family vacation?
- ❓ What is your favorite memory growing up?
- ❓ What is your worst memory growing up?
- ❓ What was the most frightening memory of your childhood?
- ❓ Have you ever been close to death as a kid?
- ❓ What about your family has had the greatest impact on you?
- ❓ What is the most important lesson you learned from Mom? Dad?
- ❓ What kind of family did your parents come from? Do they act like your grandparents? How or how not?
- ❓ Who are you closest to in your family and why?

- ❓ What was the one thing you would have wished your dad would have said to you growing up, but he never did?
- ❓ What was the one thing you would have wished your mom would have said to you growing up, but she never did?
- ❓ Do you have any special family traditions growing up?
- ❓ How did your family celebrate the different holidays? Christmas? Thanksgiving? Easter?
- ❓ Tell me about your relationship with your grandparents.
- ❓ When growing up, what kinds of things did you do over summer break?
- ❓ What were your hobbies as a kid? Are they still your hobbies today?
- ❓ What one event in your life has most shaped you – for good or bad?
- ❓ If you could change one thing about your childhood – what would it be?

Asking an individual's advice or opinion

- ❓ Who is your hero?
- ❓ What do you think of the President?
- ❓ What political party would you affiliate yourself with and why?
- ❓ What do you think of religious people you've met? Best interaction and worst interaction?
- ❓ If there were one thing you would change about our world, what would it be?
- ❓ How do you think we should get rid of terrorism?
- ❓ Which religion do you like the best? The least? And why?
- ❓ What is the most important lesson parents should teach their kids?
- ❓ What kind of music do you listen to? And why?
- ❓ What would be your advice to the couple that just broke up, and they want to know how to get over it in a quick and healthy way?
- ❓ Who do you think was/is the most influential spiritual leader in the world?
- ❓ Do you think there is one absolute truth? How do you know if it's true?
- ❓ What are the three major goals for your life?
- ❓ If you could describe God in a sentence or two, what would your description be? What do you think about the institution of marriage?
- ❓ Do you think there is an after-life? And if so, where do people go after they die?
- ❓ After graduating from college, where do you want to live?
- ❓ Have you ever read any sacred spiritual text? Which one(s) and what was your impression?
- ❓ What are your thoughts about abortion?
- ❓ What are your thoughts about the death penalty?
- ❓ What you think about (particular television show)?

- ❓ What do you think about (particular book)?
- ❓ How old should you be before you date?
- ❓ Do you think the drinking age is fair and beneficial?
- ❓ In your opinion, what is the best place to take a date?
- ❓ What is the one quality that you would most want in a spouse?
- ❓ Do you believe in evolutionism or creationism?
- ❓ Do you want to have kids? How many, do you think?
- ❓ What kind of characteristics do you look for in a friend?
- ❓ How do you define “best friend?”
- ❓ How do you envision heaven?
- ❓ How do you envision hell?
- ❓ What keeps you motivated to make it through each day?
- ❓ When you wake up in the morning – what helps you get out of bed?
- ❓ I've got (this problem) – how would you deal with it?
- ❓ Who is your favorite author?
- ❓ Do you think aliens exist? Is there life on other planets?
- ❓ When you were a kid, what did you want to be when you grew up? Is that still your aspiration?
- ❓ Which emotion is most frightening or uncomfortable for you?

Involving an individual's imagination

- ❓ If you could rule the world, what would you do first?
- ❓ If you could travel anywhere, where would you go?
- ❓ If you could meet one person, who would it be?
- ❓ What would be your perfect job?
- ❓ If you won a million dollars, how would you spend it?
- ❓ If you knew you had three months to live, how would you spend your last 90 days?
- ❓ If you could change one thing about your personality, what would it be?
- ❓ If you could change one thing about your physical appearance, what would it be?
- ❓ What age would you be again and why?
- ❓ What time period in history would you like to visit?
- ❓ Where do you see yourself in five years?
- ❓ Describe for me your perfect day.
- ❓ If you were God, what would be your first task?

- ❓ If you had one question that could get a definite answer, what would it be? How would you spend your time, if you never had to work again?
- ❓ If you could take one book to take on an island, what would it be?
- ❓ If you could bring one person back from the dead, who would it be and why?
- ❓ If you could change one thing about our campus, what would it be?
- ❓ You have unlimited resources and manpower - what problem would you fix and how?
- ❓ If you could be anyone, who would it be?
- ❓ If you could ask God one question - what would it be?
- ❓ If you could be famous, what would you want to be famous for?
- ❓ If you had to choose one, would you rather find a cure for AIDS or cancer?
- ❓ Who do you most want to meet in heaven? How do you know they'll be there?
- ❓ How do you want people to remember you?
- ❓ What do you want your parents? Friends? Kids? Spouse? - to say about you at your funeral?
- ❓ If you could travel back in history and ask one person - one question - who would it be and what's the question?
- ❓ How would you describe the perfect family? Marriage? Relationship?
- ❓ What would you do if a meteor were about to hit the earth?
- ❓ If you could be a sports star - what would the sport be?
- ❓ If you could own one car, what would it be and what would it look like?
- ❓ Is there something that you could never forgive someone for?
- ❓ Would you be open to marrying someone of a different ethnicity?

Asking for an individual's emotional responses (How would you feel...?)

- ❓ How would you feel if your parents/roommates/best friend died?
- ❓ How would you feel if someone told you they loved you unconditionally and always would?
- ❓ How did you feel when you first fell in love?
- ❓ How would you feel if you and your best friend were fighting?
- ❓ What makes you most happy? What makes you most sad?
- ❓ When are you most afraid?
- ❓ What circumstance would have the greatest potential of setting you off?
- ❓ How do you deal with grief?
- ❓ How do you feel about moving away from home and becoming independent?
- ❓ How do you feel about graduating from college?
- ❓ How would you feel if someone close to you committed suicide?

- ❓ How would you feel if you lost all your money?
- ❓ How would you feel if you found out you had terminal cancer?
- ❓ How would you feel if you had to move away from all your friends or family?
- ❓ How did you personally react to September 11, 2001?
- ❓ How would you feel if your best friend told you he or she were gay?
- ❓ What are you doing when you most feel alive?
- ❓ As a guy - what most makes you feel most like a man?
- ❓ Would you rather be deaf or blind, if you had to choose - and why?
- ❓ If you were to witness a murder - how do you think you would respond?
- ❓ How would you feel if your parents were getting a divorce?
- ❓ How would you feel about the effects of alcohol on people's behavior?
- ❓ How do your friends make you feel about yourself?

Inquiring about an individual's spiritual journey

- ❓ Do you see any difference between religion and spirituality? If so, what is the difference? How might religion and spirituality interact or be connected?
- ❓ Did you have any religious background growing up? Tell me more.
- ❓ Did [if so, when] your parent's/community's/friends' faith become your own?
- ❓ What do you think God is like? Describe this Being for me.
- ❓ If you could ask God just one question - what would it be?
- ❓ (In reference to whatever current news event) ask: What part do you think God plays in what is going on right now?
- ❓ What do you feel is the role of religious institutions in this day and age?
- ❓ Have you ever met a religious individual whose life didn't match their message? Explain.
- ❓ What is the most significant contribution that Jesus Christ/Muhammad/Buddha made to our world today?
- ❓ If someone would ask you, "How can I become a Muslim?" what would you tell her or him? If someone would ask you, "How can I become Buddhist?" what would you tell him or her? [The same with Christian, Jewish, etc.]



-  (419) 494-5382
-  michael@dmbcoaching.com
-  dmbcoaching.com
-  @dmbcoaching
-  facebook.com/dmbcoaching
-  linkedin.com/in/drmichaelsbrown

Dr. Michael Brown is the Founder, Lead Coach, and Chief Consultant of **DMB Coaching**.

Over the past two decades through national leadership as a management consultant, life coach, motivational speaker, and organizational architect, Michael has engaged thousands of clients in exploring their purposes, relationships, and directions, with special emphasis on developing in each of the Twelve Dimensions® of Life. Recently, the launch of his Three Words Podcast provides fresh insights each week on making each choice count and every moment matter.

Michael travels extensively regionally and nationally – sharing with higher education professionals, business leaders, professional athletes, association executives, college students, and faith communities his insights on innovative leadership paradigms, the art of relationship marketing, the nature of high-powered teams, interpersonal conflict resolution, human development, life management, dynamic relationships, emotional intelligence, health and wellness, social justice, redesigning and rebranding organizations for success, and his original Lifegiver® Leadership Model.

At the request of numerous organizations and companies, Michael has developed volumes of tailored curriculum on hundreds of topics that help companies and clients become the best version of themselves.

Having studied journalism [B.A.] and political science at Ohio University; counseling and communication [M.Min] at a seminary in Chicago; and higher education administration [Ph.D.] at Bowling Green State University, Dr. Brown is the author of the “Twenty-One Father-Son Conversations About Love, Dating, Marriage, and Sexuality.” One interesting fact about Michael is that he worked as a Wal-Mart television personality for the Midwest in 2014, when he filmed 24 commercials with this #1 Fortune 500 Company. He is also developing a new partnership with the NFL, and will soon launch a podcast with Emmy Award-winning sportscaster James Brown.

Michael has a passion for leading the charge with his wife (Teresa) of 27 years, four sons, and five daughters to be a force of positive change within society. The Brown Family has served as a household for dozens of foster children over the past 17 years and were selected as the 2008 Bowling Green Family of the Year. Michael’s personal hobbies include rigorous exercise, people watching, and peanut butter.



MEET THE COACHES

Gabe Dunbar

Gabe Dunbar has served as a higher educational professional for the past seven years at three different universities: Michigan State University as a mentor in the Honors College, Siena Heights University as the Director of Student Engagement and Assistant Dean for Students, and most recently at Bowling Green State University working predominantly with military and non-traditional students. While at Siena Heights University near Detroit, Gabe worked closely with Greek Life chapters at this Catholic liberal arts institution in their recruitment efforts, philanthropic priorities, and leadership development.

At the center of each of Gabe's professional roles is mentoring and coaching students who find themselves within a variety of seasons and stations of life. Even now, he serves as a mentor for the Vanguard Men's Community at BGSU, a thriving men's movement on campus where highly-visible Greek leaders gather to become the best versions of themselves. Gabe graduated with a degree in Mathematics from Indiana Wesleyan University, and he earned a Master's degree in Student Affairs Administration from Michigan State University.

Gabe is married to his wife Shauna of five years and father to two children: Harper (3), and Griffin (2). Gabe is a sports enthusiast and loves being outside working on his lawn and chasing his kids around!



MEET THE COACHES

Nick Gillispie

Nick Gillispie has spent the better part of the past twelve years mentoring college men. He devotes the best hours of each day investing in the future generation through his role as the Campus Ministry Director at Bowling Green State University. Specializing in the development of the emotional and spiritual dimensions of college men's lives, Nick's passion is to empower them to make choices today in light of who they hope to become tomorrow.

Nick is a life coach for men from all backgrounds, including college athletes, military students, and even a notable rap artist. As a member and advisor of Sigma Alpha Epsilon, Nick also has extensive knowledge of the Greek Community and enjoys challenging and supporting fraternity men in becoming the best version of themselves. He is uniquely equipped to assist fraternity members in overcoming the obstacles in their lives that prevent them from achieving their goals. Nick also serves alongside of Dr. Michael Brown in advising the Vanguard Men's Community at BGSU, which is the largest mentoring initiative of its kind on a college campus in America.

Nick is married to his amazing wife, Ali, who has been the single most influential person in his growth as a distinguished leader. The Gillispies have four rowdy kids: Grant (9), Madison and Riley (8), and Griffin (5). In his spare time, Nick loves working with his hands, fitness training, and dabbling in the art of brewing beer.



MEET THE COACHES

Dan Costello

Dan Costello has established himself as a leader in the automotive industry where he has ascended to the position of Advanced Purchasing Manager at Dana Incorporated in Maumee, Ohio. Since his undergraduate years at the University of Toledo as a peer mentor of male college students, Dan continues to grow in his passion for developing men and assisting them in discovering and cultivating their purpose in life.

Besides his work as an executive coach, Dan currently supervises a team of five ambitious employees at Dana. In fact, since graduating from the University of Toledo with a Business degree, he has infused his passion for intentionally developing people into the fabric of his career. His corporate senior leadership team recently selected Dan to create a professional development plan to leverage the leadership potential of Dana's 300+ purchasing employees globally through one-on-one mentoring and coaching.

At the end of the day, what is most important to Dan is his incredible wife Laura of six years, his almost two-year-old son Samuel, and their highly anticipated new baby boy due this March. Some of Dan's personal interests are performing as a percussionist, running, journaling, and sports of all kinds (as both an athlete and spectator).



MEET THE COACHES

Dr. Tyler Schwanz

Dr. J. Tyler Schwanz helps to lead one of the largest and fastest growing chiropractic masterminds in the nation. He holds weekly conference calls with graduate students and business owners in an effort to collectively raise the bar within the chiropractic profession, as well as inspire every human being he encounters to dream a bit rebelliously, take risks courageously, and live life without fear. Based out of Waterville, Ohio, he co-owns and operates Rebel Chiropractic, and serves the Northwest Ohio region with Gonstead chiropractic care. He graduated magna cum laude from The Ohio State University with a degree in Health Sciences and summa cum laude from Life University in Marietta, GA with his Doctor of Chiropractic degree.

Most recently, Tyler has joined DMB Coaching as a featured blogger to share his inspiring insights and expand his voice nationally. Already a sought-after motivational speaker on a variety of health and wellness topics, Tyler is a featured presenter at AMPED (Advanced Mentorship Program for Entrepreneurial Development) Live Events across the country, where he speaks about life transitions, creating cultures of community, and ironically, servant leadership.

Dr. Schwanz is husband of seven years to Kelsey and father to two sons: Ellet and Holden. When Tyler is outside of the office or not speaking at large-scale events, he enjoys deer hunting, traveling, and snowboarding.



MEET THE COACHES

Shawn Cramer

Shawn Cramer has invested the past decade assisting college men in achieving their personal and professional goals as a Director of Campus Ministry for a consortium of twelve university campuses in the greater Denver area. After meeting with thousands of young men from all across the world, he distills this wisdom into powerful coaching opportunities in order to help young men take practical steps into a positive and progressive portrayal of manhood.

With an enthusiastic social media following, Shawn furthers this masculine developmental theme by turning parenting moments with his son into engaging posts called Man Training. He holds a B.S. in Mathematics from the University of Northern Colorado and an M.A. in Theology and Urban Development from Western Theological Seminary.

Shawn married his high school sweetheart, Shayna, and together they have two kids: Jace, a eight-year-old man-child, and Kylie, a five-year-old independent spirit.

