

A 3-Phase Starter Guide

THE MAN-UP QUICK RESET

For the Man You Were Created to Be

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Your Wake-Up Call.

If you feel:

- Mentally scattered
- Spiritually off-center
- Disciplined in bursts but inconsistent
- Aware you're capable of more—but unsure how to access it

You're not weak. You're misaligned.

Most men don't need motivation.
They need clarity, structure, and identity.

This guide exists for one purpose:
To help you reset your mind and take your first real step forward.

The Man-Up 3-Phase Journey

Becoming a man isn't accidental
—it's intentional.

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PHASE 1: REALIGN YOUR MIND

Break mental fog, excuses, and limiting beliefs.

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PHASE 2: RECALIBRATE YOUR INNER MAN

Restore discipline, values, and spiritual calibration

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PHASE 3: REASSURE YOUR IDENTITY

Establish who you are now and who you are becoming

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Everything starts with Phase 1
—because nothing changes until your thinking does

Quick Man-Up Reflection

Be honest. Write it down.

1. Where is your life most out of alignment right now?

Mentally_____

Physically_____

Financially_____

Spiritually_____

2. What excuse have you been tolerating?

3. What happens if nothing changes in 5 years?

The Man-Up Declaration
(Read this out loud.)

I take responsibility for my life.
I reject passivity and excuses.
I choose discipline over comfort.
I choose purpose over pressure.
I was created to lead—with faith and strength.

Today, I begin again.

This Is Only the Beginning.

This guide gives you the reset.

The book gives you the roadmap.

In Man-Up: Awaken the Hero Within, you'll learn how to:

- Master your mindset
- Build unshakeable discipline
- Reclaim your God-given identity
- Lead yourself—and others—with confidence

Continue the journey here:

Man-Up: Awaken the Hero Within

Underneath:

[\[Amazon Link\]](#)

If this guide spoke to you, trust this:

You're not late. You're being prepared.

Man-Up.

— Kenneth Lucious