



---- PLAYBOOK ----



Modern Manhood: A Masterclass

when two separate visions come together with a single mission in mind:

***...to empower men with a modern take on how to create
our own (MEN)tal Health & Success!***

This 2-hour, virtual & interactive, real-life experience will help you to:

- Sharpen your vision of your personal future and success
- Use practical real-life skills and tools to become the best version of yourself- *right now*
- Explore your own value systems that will allow you to meet the needs of yourself, your family & community
- Learn how to deal with (and THRIVE in the face of) stress, anxiety, and adversity
- Link up with like-minded men, who all want to see success for one another

*(The following pages make up THE PLAYBOOK, comprised of skills and tools, and resources which serve as the foundation for this masterclass. **PLEASE PRINT IT OUT AND BRING IT TO THE VIRTUAL EVENT (along with a pen, and an open mind).***







Activity One:

Defining Values

Top 3



Activity Two:

Ideal Self & Vision

What & Who "I. A.M."

Imagination:

1) A) _____ B) _____ C) _____

2) _____

3) _____

4) _____

Attention:

Memory:

1) _____

2) _____

3) _____

4) _____

5) _____





Activity Three:

Embrace Anxiety

(Or it'll kill you...)

Leave it: _____

What is this telling me?

Sneakers or Steel-Toe Boots?

Label it: _____

Learn to Love it:

1) _____

2) _____

3) _____

Next Big Thing: _____



Activity Four:

Emotional Health & Wellness

("Say it with your H.E.A.R.T.")

Topic: _____

H: _____

E: _____

A: _____

R: _____

T: _____



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