

# 15 + 15: THE ATTRIBUTES OF EXCEPTIONAL MEN



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## An Exceptional Man Possesses...

1. A consciousness with ideals higher than himself.
2. A confidence in who he is as a man without outside validation.
3. An earned competence with skills that help him excel in his career.
4. Family (a respectful wife, a healthy home, and obedient children).
5. Unwavering loyalty to self rooted in discipline and focus.
6. A purpose-driven life defined by a sense of achievement and growth.
7. Emotional Intelligence that keeps him out of unproductive situations.
8. A spiritual connection to a Higher Power that gives internal strength.
9. A deep commitment to the development of his mind, body, and soul.
10. Acceptance of help and joyfully offering his talents to help others.
11. Accountable relationships knowing that iron sharpens steel.
12. A non-conforming spirit to stereotypical masculinity and its trends.
13. A covenant to care for and treat his body as a Temple avoiding abuse.
14. A dedication to love himself unconditionally without concession.
15. A promise to put his mask on first before sacrificing himself for others.

## An Exceptional Man Avoids...

1. Conforming to traditional (often stereotypical) expectations of manhood.
2. Duplicating the mannerisms and thought processes of women.
3. Accepting cowardice in situations when his presence needs to be felt.
4. Operating in any way that diminishes respect for himself.
5. Being an undisciplined man who is easily triggered and controlled.
6. Wavering in your mindset regularly and possessing movable core values.
7. Maintaining a demeanor of inefficient and unfocused behaviors.
8. Navigating life without a commitment to creating a legacy and family.
9. Allowing negativity to dominate your perspective towards growth.
10. Sustaining a lack of trustworthiness that disrupts purposeful action.
11. Shifting blame to others, never taking responsibility for his actions.
12. Not willing to learn new things and grow into a better person every day
13. Prioritizing pleasure above the needs of community, family, and self.
14. Depending on others to meet your needs and an overreliance on them.
15. Misrepresenting your words and an inability to communicate honestly.