

BECOMING MEN

“The true aim is to become the type of man who embodies your goals by creating identity-based habits. With this shift in mindset your primary focus is the small step that you can take **RIGHT NOW** to *become* that man and ultimately achieve your goal.”

Write **ONE** *goal* that you want to accomplish.

Write **TWO** *qualities* of a man that embodies your goal?

Because of those qualities, what **FOUR** *actions* does that man take daily?

Repeat this process for EACH goal that you want to accomplish. Your goal for the next 7 days is to do these **FOUR** things DAILY. This is how you will begin to build the right habits to *become* the type of man that can accomplish your goal.