SELF-CARE WORK BOOK

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EDITOR'S NOTE

Thank you for taking step one on the path on the journey towards healthy self-care. Here, we are going to focus less on personal grooming, and moreso on identifying who we want to be, how we will get there, and who we want to be alongside us along the way.

I recommend taking your time with this workbook, skip around, even meditating beforehand. Remember, this is for you.

INTROSPECTION

WHY ARE YOU HERE?

Before you begin any journey, it's vital to look at why you've decided to venture outside of your comfort zone. In the space below, write a bit about who you are. **What do you hope to get out of this activity by the time you finish? Where do you want to grow? Why are you here?**

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INTROSPECTION

THE MAN I WANT TO BECOME

Introspection: Introspection is the examination of one's own emotional and mental processes. We struggle with introspection because we don't prioritize self-examination and that self-contemplation can be difficult.

The benefits of reflection and introspection include increased happiness, more productivity, and improvement as a leader because you are clearly aware of who you are, your strengths, and your weaknesses.

Define who you want to be:

INTROSPECTION

STRENGTHS AND WEAKNESSES

Communication: Highlight your strengths and weaknesses in communication. **Do you often speak your mind or are you more reserved? How do you actively communicate your needs and desires? Are you comfortable communicating in your relationships?**

What are some of your communication strengths?

What are some of your communication weaknesses?

INTROSPECTION

STRENGTHS AND WEAKNESSES

Community: Highlight your strengths and weaknesses in community. **Do you feel supported by your friends group? How easy or difficult is it to build close male friendships? Are you a part of a close-knit community?**

What are some of the strengths of your community?

What are some of the weaknesses of your community?

INTROSPECTION

STRENGTHS AND WEAKNESSES

Courage: Highlight your strengths and weaknesses in courage. **Do you feel in control of your life? Are you able to make the difficult decisions to change your life for the better? How do show emotional courage?**

What are some of the strengths of your courage?

What are some of the weaknesses of your courage?

INTROSPECTION

STRENGTHS AND WEAKNESSES

Confidence to Play: Highlight your strengths and weaknesses in confidence to play. **Are you enjoying your life? Do you feel as if you are able to have fun more often than not? How do you maintain a level of play even when stressed?**

What are some of the strengths of your confidence to play?

What are some of the weaknesses of your confidence to play?

INTROSPECTION

GOAL SETTING

Use the boxes below to set goals for yourself. Imagine the man you want to become, and challenge yourself over the next few days. Remember, we are happiest when we are growing and giving back to society. Keep that in mind as you write out your goals.

COMMUNICATION	COMMUNITY

COURAGE	CONFIDENCE TO PLAY

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COMMUNICATION

COMMUNICATION WITH SELF

Self-communication: When practicing self-communication, it's easy to fall into negative patterns or beliefs and never want to communicate with yourself again.

Instead, turn this into a personal opportunity for self-analysis, where the goal is about **growing and evolving**.

What are your preferred ways of self-communication?

- [ ] Journaling
- [ ] Meditation
- [ ] Nature Walks
- [ ] Other:

What areas of your life do you want to focus on improving?

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COMMUNICATION

COMMUNICATION WITH FRIENDS

How do you currently interact with your friends?

What emotions/thoughts/ideas would you like to communicate to your friends?

List 4 friends you will reach out to today:

1.)

2.)

3.)

4.)

COMMUNICATION

DEEP CONVERSATION TOPICS WITH FRIENDS

Achievement

- “Congratulations on completing [project], I’d love for you to tell me more about your work on it.”
- “What was the hardest part of accomplishing your goal?”
- "Where do you plan to go from here?"

Health

- “Hey, I’ve noticed something is off. I just want you to know that I support you and I’ve got your back for whatever you need. I’m happy to talk when you’re ready.”
- Let your friends know what you need from them.
- How does masculinity affect men’s ability to seek out help and support each other in times of health crises?

Gratitude

- “I want you to know I appreciate our friendship and I’d love to talk to you soon.”
- “What’s the best thing that happened to you today?”
- How can we show gratitude towards the worst life has challenged us with?

Motivation

- “What’s your biggest motivator?”
- “What are the next steps you can take and how can I help?”

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COMMUNICATION

COMMUNICATION WITH PARTNERS

Communication with partners: When you're in a romantic relationship with your partner, it's essential to know how, when, and what you should communicate.

As men, we're often taught that we need to be silent, stoic, and resolute which often leads to a lack of communication and resentment.

Write about a time where you successfully communicated with your partner. Ask yourself what did you do? What did your partner do?

What would you like to communicate to your partner now? Why has stopped you?

COMMUNICATION

COMMUNICATION TIPS FOR RELATIONSHIPS

Using the conversations you just wrote about, list out examples for yourself for how you can improve each of these communication skills.

LISTENING	VULNERABILITY

EMPATHY	NON-VERBAL COMMUNICATION

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COMMUNITY

How would you describe your friendships?

- [ ] Shoulder-to-shoulder
- [ ] Face-to-face
- [ ] A mix of both
- [ ] Don't know

What does your ideal community look like?

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COMMUNITY

TYPES OF COMMUNITIES

What communities are you apart of currently?

1.)

2.)

3.)

4.)

What communities would you like to join?

1.)

2.)

3.)

4.)

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COMMUNITY

DEEPENING RELATIONSHIPS

Take Action: What actions can you take right now to deepen your current relationships?

COURAGE

WHAT IS COURAGE?

Courage: Courage is the strength to do something even if you're scared.

One step further, **emotional courage** is the strength to express your honest emotions, even though you are scared.

Two Decisions that have positively shaped your life?

1.)

2.)

COURAGE

DECISION MAKING

What are two decisions you're committed to making?

1.)

2.)

COURAGE

PRIMARY QUESTION

Identify what you want, what lifestyle and identity do you want to create.

What has stopped you? What blocks have you faced?

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COURAGE

LIMITING BELIEFS

Who can help you achieve your goals?

In what way can they help you?

How will you explain and identify what you want from life?

CONFIDENCE TO PLAY

TO-DUDE LIST

To maintain high-levels of play, make a To-Dude list of activities you're going to take part in.

1.)

2.)

3.)

4.)

What is your ideal Dudeventure?

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