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HOW TO BE A

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# BETTER MAN

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PRESENTED BY A MAN  
AFTER CONSULTING WITH LOTS OF WOMEN

## GUIDEBOOK

"This renaissance should ignite a new pursuit: One towards real greatness.  
Not just great success, but great significance."

- DARREN HARDY -



## IN THE COMMUNITY

“The only **true wisdom** is knowing you know nothing.”

- Socrates -

### Middle-age...

“is the **final death** of the fantasy and delusion of the youth phase.”

- Carl Jung -

Mid-Life Crisis.

Mid-Life \_\_\_\_\_ .

“Can you step back from your own mind and thus understand all things?

Having without possessing, acting with no expectations,

leading and not trying to control: **this is the supreme virtue.**”

- Lao Tzu -

3 Pillars of Manhood:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Everywhere you are is your domain to \_\_\_\_\_ others.

Men have been bred to \_\_\_\_\_

and \_\_\_\_\_ those who cannot defend themselves.

\_\_\_\_\_ from ALL harm:

Physical, Mental and Emotional.

### IMPORTANT:

Recognize the social power \_\_\_\_\_ have with other \_\_\_\_\_ .

To prevent and stand up against \_\_\_\_\_ or \_\_\_\_\_ of any sort.



## IN THE HOME

3 Pillars of Manhood:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

“That’s when I knew he cared about me, about our home,  
about our family... and was **being a man** and  
\_\_\_\_\_.”

- Gramz -

What (your) Woman Wants from you:

1. \_\_\_\_\_
2. Without having to \_\_\_\_\_
3. Don’t \_\_\_\_\_ about it

## WAYS TO BE A BETTER MAN, AS SUGGESTED BY WOMEN:

MAN-UP #1:

To believe in \_\_\_\_\_ more. To be more \_\_\_\_\_ .  
She needs your unwavering \_\_\_\_\_ , so she can feel secure  
in your \_\_\_\_\_ .

MAN-UP #2:

Step up the \_\_\_\_\_ .  
Good news... She is not asking for the ‘Ryan Gosling from the Notebook’ kind.

MAN-UP #2a:

\_\_\_\_\_  
But NOT the kind you’re thinking.



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MAN-UP #2b:

\_\_\_\_\_  
Even if you don't like it. And even if it's hard for you.

MAN-UP #3:

\_\_\_\_\_  
Fully present and available.

## THINGS TO DOUBLE-DOWN ON:

ATTABOY #1:

\_\_\_\_\_  
We've heard this one since the beginning of time.

ATTABOY #2:

\_\_\_\_\_  
If this is ever violated, even just intangibly, it crumbles the very foundation of her world.

ATTABOY #3:

Loving Your \_\_\_\_\_  
Quite easily the one most appreciated.

"The only thing necessary for the triumph of evil  
is for good men to do nothing."

- EDMUND BURKE -





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## IN THE OFFICE

Everything you know about being a leader in the office is \_\_\_\_\_ .

90%+ of all your behavior knowledge was developed through \_\_\_\_\_ ; by witness and mimicking.

You are bringing 20th century learned behavior into a \_\_\_\_\_ world.

\_\_\_\_\_ has disrupted every sacred point of control across the entire patriarchal ecosystem.

This is the first time in human history, \_\_\_\_\_ are working in the workforce simultaneously.

Women in the workforce are \_\_\_\_\_ .

Mothers with children are the “\_\_\_\_\_” or sole earners for \_\_\_\_\_ of households.

Of the households who have a stay-at-home parent: \_\_\_\_\_ it is the dad at home.

Women control \_\_\_\_\_ of U.S. spending and \_\_\_\_\_ globally. Totaling \_\_\_\_\_ .

“As the leader, you need to show the face your team needs to see.”

- COACH MIKE KRZYZEWSKI -



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## THE FIRST THING YOU HAVE TO DO IS SMARTEN UP WITH THESE TIPS:

MAN-UP #1:

\_\_\_\_\_

MAN-UP #2:

\_\_\_\_\_

“People are looking for people who know what they are talking about to tell them what to do.”

- Art Williams -

MAN-UP #3:

\_\_\_\_\_

“Humility is not thinking less of yourself, but rather thinking about yourself less.”

- C.S. Lewis -

\_\_\_\_\_ : Acknowledges faults and listens to advisors to avoid making mistakes that would jeopardize the mission.

\_\_\_\_\_ : A strong sense of self.

A belief that you are \_\_\_\_\_, can do something well, and that you will \_\_\_\_\_ .



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## 3 MOST IMPORTANT WAYS TO DEMONSTRATE HUMILITY:

HUMBLE MAN #1:

\_\_\_\_\_

One of the greatest strengths you can demonstrate as a man is having the courage to be \_\_\_\_\_ .

HUMBLE MAN #2:

\_\_\_\_\_

HUMBLE MAN #3:

\_\_\_\_\_

Bosses give answers, leaders ask \_\_\_\_\_ .

Bosses manage work, leaders lead \_\_\_\_\_ .

Bosses develop subordinates, leaders develop \_\_\_\_\_ .

Bosses dictate plans, leaders cast a \_\_\_\_\_ .

Bosses insist on control, leaders inspire \_\_\_\_\_ .

Instead of providing answers, simply respond with:

“What do you think?” or “What do you suggest?”

Followed by... “ \_\_\_\_\_ ?”

## FINAL TIP TO SMARTEN UP:

MAN-UP #4:

BE THE CENTER OF \_\_\_\_\_ .

No matter what comes down.

3 Pillars of Manhood:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



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## DO YOU (REALLY) WANT BECOME A BETTER MAN?

DO THE WORK BELOW

On a scale of 1 - 10 how aware and active have I been about protecting those around me (from physical, mental and emotional bullies)?

1 2 3 4 5 6 7 8 9 10

Have I stood up to other men when they discriminate, abuse, take advantage, intimidate or bully of any kind?

Yes | No

What actions will I take to be better?

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On a scale of 1 - 10 how much do I pitch in on domestic management?

1 2 3 4 5 6 7 8 9 10

Do I do it without being asked? Yes |

No

Do I complain about it when I do it?

Yes | No

How can I be better?

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On a scale of 1 - 10 how much confidence do I demonstrate? How well do I provide a sense of safety and security (emotionally, psychologically and financially)?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how am I doing in the romance department?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how much touch do I provide my spouse?

*Touch by HER definition, not yours.*

How can I be better?

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On a scale of 1 - 10 how often do you express your love, adoration, respect and affection to your spouse?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how much fully present, single focused time and attention do I give my family?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how well do I see, treat, talk to and respect women in the workforce equally?

*Be honest with yourself. Not the mask you put on, the way you really feel inside. Start there.*

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how would I rate my demonstration of confidence, conviction and certainty (in my thoughts, ideas, behaviors and interactions)?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how would I rate my humility?

*Be sure to ASK others to rate this one too.*

1 2 3 4 5 6 7 8 9 10



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How, when, where can I demonstrate more vulnerability?

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How, when, where can I listen more fully?

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How, when, where can I ask more meaningful questions?

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On a scale of 1 - 10, when stressed or during a crisis how well do I demonstrate being the center of calm?

1 2 3 4 5 6 7 8 9 10

How can I be better?

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On a scale of 1 - 10 how well am I living up to the 3 Pillars of Manhood:

PROTECTION: 1 2 3 4 5 6 7 8 9 10

PROVISION: 1 2 3 4 5 6 7 8 9 10

LEADERSHIP: 1 2 3 4 5 6 7 8 9 10

What will I do to become better?

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# DARREN HARDY RESOURCES



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## HARDY CLUB

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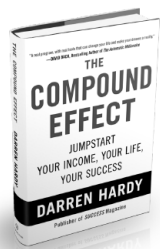
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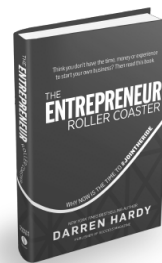
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## THE COMPOUND EFFECT BOOK AND AUDIO PROGRAM—JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

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[TheCompoundEffect.com](http://TheCompoundEffect.com)



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[DarrenHardy.com/BestYear](http://DarrenHardy.com/BestYear)



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