

A MAN'S POWER Calendar

Write your goal for each square on the lines below. Look on the backside for a definition of each square before writing in your self-chosen goals for each.

A Accountability: _____

M Masculinity: _____

A Authenticity: _____

N "No" Goal Replacement: _____

S Self - Passion Project: _____

P Prayer: _____

O Serving Others: _____

W Writing: _____

E Effort - Drill: _____

R Reading God's Word: _____

The Calendar is a training tool designed to instill within your mind and spirit the power and weapons needed to override temptations and possible addictions, build connections, and establish habits for success. Before now, you can probably identify times when your moods/feelings have overpowered your values (i.e. "I value getting out of bed on time, but I don't feel like it."). This pattern happens to be the most common decision making pattern that makes a person susceptible to addictions i.e., "I value avoiding drugs/alcohol/pornography, but I don't feel like controlling myself right now." The more frequently you make decisions this way, the more likely you are to fall to temptation and/or addiction when the opportunity presents itself.

This Calendar is designed to help you build regular habits that will become easier over time and help you in spiritual, social, emotional, sexual, and physical areas of you life, with minimal effort. Mark out each square each day you achieve your mini goal for that quare. Circle the N square for any day with a lost battle. At the end of the week, note if one square was not marked at all.

Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Weekly Total	
A	M	A	N	S	A	M	A	N	S	A	M	A	N	S	Lost Battles
P	O	W	E	R	P	O	W	E	R	P	O	W	E	R	Subtract 200/day
														Box not checked	
														all week sub. 100	
														Grand Total	
Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Weekly Total	
A	M	A	N	S	A	M	A	N	S	A	M	A	N	S	Lost Battles
P	O	W	E	R	P	O	W	E	R	P	O	W	E	R	Subtract 200/day
														Box not checked	
														all week sub. 100	
														Grand Total	
Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Weekly Total	
A	M	A	N	S	A	M	A	N	S	A	M	A	N	S	Lost Battles
P	O	W	E	R	P	O	W	E	R	P	O	W	E	R	Subtract 200/day
														Box not checked	
														all week sub. 100	
														Grand Total	
Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Weekly Total	
A	M	A	N	S	A	M	A	N	S	A	M	A	N	S	Lost Battles
P	O	W	E	R	P	O	W	E	R	P	O	W	E	R	Subtract 200/day
														Box not checked	
														all week sub. 100	
														Grand Total	
Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Date	Score:	Weekly Total	
A	M	A	N	S	A	M	A	N	S	A	M	A	N	S	Lost Battles
P	O	W	E	R	P	O	W	E	R	P	O	W	E	R	Subtract 200/day
														Box not checked	
														all week sub. 100	
														Grand Total	
														Monthly Total	

Mini Goals and the Road to Success

Mini Goal are designed to start very small to develop what will become a powerful set of achievements in your life. Start so small and simple that reaching your goals is like fall off a log, which requires little to no effort. Then after you have consistently reached your mini goal for several weeks, inch the goal up slightly. If there are one or two goals you do not reach, cut the goal in half. It is more effective to keep a mini goal each day than to win big a few days and then quit. For example it is more effective to consistently do one pushup every day for 28 days, than to do a 30-minute workout for 5 days and then quit. **START SMALL.** The first week, work with you Personal Warrior Trainer to select 2 squares to mark, 2 weeks later work with him to choose 2 more. Increase slowly until you have goals for all ten squares. If you have trouble achieving a goal, cut it in half, i.e. cut 5 minutes of prayer to 2½ . In 10 days increase the goal a little, then a little more. Using this calendar you will strengthen your ability to have your values overpower your moods i.e. "I value getting out of bed on time, and no matter my mood or how I feel, I will do so." The list is also designed to increase interaction and bonding activities with men in honest, healthy, transparent ways. This may be difficult for some at first, but lean into your fear rather than running from it. Start by setting goals to interact with men you already know, such a co-workers, quorum members, ministering companions, etc. Slowly expand your circle of men friends.

A MAN'S POWER

A=Accountability: Mark you calendar daily to show which goals you achieve. Post your daily progress on the Slack page and the Excel page. Use this as a brotherhood tool to guard each other's backs for encouragement without shame.

MAN'S Squares

M = Masculinity is a team sport earned from interactions with other men. Get a daily MAN fix by offering service to, or asking help of other men. Do this in person when possible, online, Slack, or text when not. Make these healthy, real interactions, meaning no fantasizing about these men allowed. Work, play, worship, serve, build, teach, jostle, advocate, instigate, work out with, and enjoy being together *as a man among men*. Stretch yourself and lean into fear by initiating interactions with men including those men you fear, admire, are attracted to, or don't particularly like. Reach out to men in your quorum, in your workplace, at school, or in your leisure life. Start with interactions with one or two men, but work up to having about 18 best friends rather than focusing on one or two men for a long period. While with men, be honest, without facade or posturing—be your authentic self. Breathe into the experience and consciously be part of, at one with, and equal to these men. Practice vulnerability by sharing details about yourself slowly, avoid dumping all of your emotion baggage at once. Practice empathetic listening tools. "I Hear You!"

A = Authenticity: Once or twice a day, close your eyes, breathe deeply, and feel your emotions: Joy, Anger, Fear, Sadness, Surprise, Shame, whatever your emotion is is okay; breathe deeply again and enjoy living and feeling emotion. While you become aware of your emotions, notice where you are on the chemical scale. If you are not at a zero, do quick drills or other activities to bring you back to zero if possible. Sometime during the day share with another person your emotion and chemical level. Build honesty with yourself and others about your emotions. Post this on Slack, but if possible also tell someone in person.

N = No – Replacement Goal: What do you seek to eliminate or replace? List the negative behaviors your plan to eradicate. List positive habits with which you will replace the negative.

S = Self – Passion Project. What creative task can you spend hours absorbed in so you loose all sense of time? What do you create that can totally distract you. Take time to step into your passion for 2 minutes or 20 hours. The passion project is a powerful tool to replace the destructive power of addiction with the positive power of creation. Step into your passion when tempted.

POWER Squares

P = Prayer: Connect with God in a meaningful way for about 10 minutes twice a day; or stretch yourself to 15 minutes—use a timer. Pray on your knees, and pray on the go. Pray out loud, and in your heart, and when you don't feel like praying. Make God your friend and confidant. Ask Him to show you how struggles are a blessing in your life. Ask how you can bless others and who you can serve. Thank him for specifics.

O = Others – Ministry: Do one act of service daily. Serve strangers and close friends; stretch yourself to find new ways and new people to serve. Do it spontaneously.

W = Write: a letter to God and/or to your future self every day: Be accountable. Make promises. Discuss strategies and motives. Or write down six reasons why you keep fighting.

E = Effort – Daily Flagpole Drills. These should include 15 to 30 seconds of intense physical exercise, accompanied by statements spoken with intensity. Choose statements that resonate with you, such as, "As a man of God, I fight temptations," or "I fight for ..." followed by the reasons your fight, or "As a man among men, I ..." Drills are a practice of what to do in an emergency. When under attack by Satan, execute what you have practiced to force him out of you mind and out of your life. As a mortal, as a Church member, as a Priesthood holder, you have the right to command Satan to leave in the name of Jesus Christ.

R = Read at least ___minutes a day God's words until it touches your heart. Don't just read from beginning to end, search the scriptures by looking up cross references, using finding aides, studying topics, and marking passages that move you. Read the words of the prophets and other inspired authors. When in situations where reading is impractical, listen to God's word, such as conference talks or devotionals.

MAKE YOUR GOALS SMART S – SPECIFIC, M – MEASURABLE, A – ATTAINABLE, R – REALISTIC, T – TIME SENSITIVE.

Billing and Vesting in the Program

Scoring: 5 points per box checked. Every day with a lost battle - subtract 200 points. Any box not checked all week - subtract 100 points.

Vesting Level 0 = first meeting until level 1 is reached, \$50 per week. Any week not reported is assumed to be all zeros, i.e. it is your job to notify us of progress.

Vesting Level 1 = 2500 points needed in a rolling 12 weeks, then vested rate is \$25 per week.

Vesting Level 2 = to reach level two, 4000 points needed in a rolling 12 weeks after vested level 1, rate of \$15 per week. Continue at \$15 per week.

Vesting Level 0 and 1 = \$50 for calendar month with no PWT session. Vesting Level 2 = one PWT session per calendar month at no charge.