



THE MAN MINDSET

I, (your name)_____ promise, from this moment forward, to know and truly understand that I am perfectly enough just as I am. I believe in the power I already possess and will continue to love and support my “self” the way I do my dear friends. I promise to give myself the kindest of advice, thereby silencing the critical voice in my head. I promise to treat my mind and body with love and respect, as a result, taking care of my physical and mental needs.

I, (your name): _____ will complete my goal of self-improvement by completing the videos and PDF files because doing so will help me move towards being the person I want to be which is someone who:

(state personal reasons for making this change)

I will stop putting others needs before me own.

I give myself permission to rediscover my dreams and passions and to pursue them.

I promise myself to diligently work on being grateful and feeding my mind with positive thoughts.

I promise to take time for myself, become more active, and do for others without expectation of anything in return.





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Upon completion, I will celebrate or reward myself by:

In signing this contract, reading the book, and participating in the videos, you agree to be honest and open, to believe in yourself and to adopt a more enthusiastic and positive outlook on life from this moment onwards. You are truly committed to change and agree to take responsibility for your life, choices and actions.

You enter into this workshop with the full understanding that you are solely responsible for creating your own results. You understand that achieving your goals (in whole or part) cannot be guaranteed and no warranties are given.

You are aware that coaching is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. If appropriate, you will seek independent professional guidance and You understand that all decisions and actions in these areas are your sole responsibility.

I will keep my emotions under control, especially my anger. I will not act aggressively or become destructive when angry. I will instead talk about my feelings or take a self-initiated time-out if need be.

I will be honest in all of my interactions.

I will not lie, cheat, or steal in order to get my needs met. I will not manipulate or deceive.

I will respect myself by avoiding things that are not healthy for my body or my mind.

Signed by -----

