

# MAN UP MANIFESTO

**I choose** to MAN UP as an individual and always stay true myself. I will follow my own path and live out of the passions my heart. I will make decisions based on my own value system while also considering the impact of my choices on others. I renounce fear and choose to step out of the boundaries of my comfort zone knowing that opportunity and growth await. I will stay focused on the goals in my heart, and press past difficulties to achieve what I seek. I will not shrink back, hold back, put up, or give up.

**I choose** to MAN UP in the workplace. I take full responsibility for where I am in life. I will not compare my progress to others but learn from their successes and failures, as well as my own, so that I can be the best version of me possible. I will work wholeheartedly at everything I set my hand to and always maintain an attitude of excellence. I will pursue my passions wisely and guard my thoughts and inner circle, carefully sifting through the influences in my life. I will find the value of my “why” and let it fuel me on my path. I will persist against all odds and choose an attitude of gratitude in all things.

**I choose** to MAN UP in my health knowing that no one else can do this for me. I will make a conscious effort to care for my body physically and be the best I can be. I renounce excuses and make sure the story in my head will set me up for success. I will “embrace the suck” because I want to thrive in all things in life!

**I choose** to MAN UP as a friend. I will be an authentic friend because I want to have authentic friends. I will be loyal, honest, and trustworthy. I will be real with the guys in my life and allow them to be real with me. I will foster accountability and comradery. I will address offenses quickly and not let my ego get in the way of the growth that comes from healthy relationships.

**I choose** to MAN UP as a husband. I accept my wife for who she is, the way she is, and love her to the best of my ability. In my marriage, I will focus on what I have control over—me. I will pay attention to my wife’s needs and support her in any way possible as I endeavor to lift her burdens and lighten her load in life. I will express my love for her in ways that are meaningful to her. I will keep communication open with her and always treat her as my equal partner. I will endeavor to make spending time with her alone a priority and always let her know how amazing she is. I will stay faithful to her and seek accountability if I am ever challenged in this area.

**I choose** to MAN UP as father. I will be fully present with my kids and look for ways to be the hero of their story. I will be honest and truthful with them even if it hurts me. I will teach them the value of hard work and set an example for the type of person they want to see and/or be in the future. I will discipline them in love with the goal to shape their character. I will make time for them, to play with them, to learn with them, to learn from them, and to simply enjoy life together.

**I choose** to MAN UP spiritually. I will take time to evaluate what I believe. I choose to be open. I choose to seek truth. I choose to forgive the past. I choose to live according to my beliefs and convictions. I will take the lead and set a spiritual example for my family and loved ones.

**I choose** to MAN UP for future generations. I choose to man up in every area of my life, spirit, soul, and body because I owe it to myself, my loved ones, and the world around me. I choose to be an authentic man and live as an authentic man because it’s what the world so desperately needs now and in future generations. Today and every day, I rise to the challenge to MAN UP!

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Signature

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Date

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Witness

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Witness

