

Vision Statement & Benefits

Be detailed about your goals but also maintain a high-level definition of who you want to be. This prevents you from getting lost in a sea of detailed goals or setbacks of one goal. In a few simple sentences, define your vision statement. What kind of man do you wish to be? How do you want to be remembered? How do you want others to perceive you?

Remember: You're making progress as long as you walk towards your high-level vision.

High-Level Vision Statement

The benefits of making changes

With your masculine vision statement complete, as well as your detailed goals, think of the advantages and disadvantages of achieving that vision of yours. Fill in the advantages of changing last to put a strong positive focus on the benefits of your vision statement. **Go in order of 1-2-3-4.**

Advantages

Disadvantages

1	2	Without Change
4	3	With Change

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High-Level Vision Statement

I'll be attractive AF. I will be one of the most attractive men in any room. I'll hit the gym at least 2 times a week.

I'm a loving, ambitious man who excels both in his alpha male qualities, such as staying fit and achieving my career goals, as well as focusing on my nurturing, more beta-like qualities, such as learning healthier communication strategies and educating myself on relationship principles.

I'll be confident to express my needs and say no when I don't get what I want. I'll always push for what I truly think. No compromises.

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Advantages

Disadvantages

<p>I don't have to change much and get more time for hobbies like playing video games</p> <p>Not embracing conflict might be more rewarding at least in the short-term</p> <p style="text-align: center;">1</p>	<p>I'll stay single, won't get my ex back, or will only attract below average women</p> <p>I'll always be a nice guy who is never happy in his relationships cuz he's always just going along with what the GF wants</p> <p>I won't look attractive and I will not feel confident in my own body</p> <p style="text-align: center;">2</p>
<p>I'll get the relationship/s that I want to attract</p> <p>I'll be attractive and feel good about myself and I will get lots of women to be into me</p> <p>I will no longer have stress in relationships and get what I want without causing problems by withholding my issues</p> <p style="text-align: center;">4</p>	<p>I'll have to maintain strong habits, this might be hard to maintain</p> <p>I might have less time available</p> <p style="text-align: center;">3</p>

Without Change

With Change