

Task one

Positive Masculinity Challenge

18/05/25 Tomos W Jones

- 1 - What do you want to have in your life? (be specific, where with whom)**
- 2 - How will you know you achieved this? What will you see, hear, smell and taste?**
- 3 - What will happen if you get this result? How would your life change?**
- 4 - What will happen if you don't get it?**
- 5 - What do you get to have by remaining the same person?**
- 6 - How do you know it's worth getting? What's so special about that?**
- 7 - How will this affect your life? Family, business, job, friends, etc.**
- 8 - What will be different as a result of having this?**