

Ronald by December 31, 2024

"If a man knows not which port he sails, no wind is favorable." - Seneca of Rome

Power Phrases:

Spiritual

- I have the mind of Christ.
- I am as pure and holy as Jesus.

Personal

- I am an overcomer.
- I do the hard things that matter.

Business

- I will make \$500,000 by the end of 2024.

Physical

- I am in the best shape of my life and only getting better.

What are his daily non-negotiables?

Spiritual

- Abiding in the vine. Moving away from the thinking of, "time with the Lord," and into the knowledge that He dwells within. I am always with Him. Learning to abide in the vine and letting my life flow from this place.

Personal

- Guard what comes before my eyes.

Business

- 3 G work sessions on weekdays & 1 on Saturdays.

Physical

- Train 6 days a week from now until the end of the year.

What goals has he achieved?

Spiritual

- Re-memorized John 15.
- Memorized [insert scripture here - still waiting to decide].

Personal

- Has been a part of helping 15 men from church achieve their goals through the Agoge program.

Business

- \$2,000 in monthly revenue
- \$4,000 in monthly revenue
- \$6,000 in monthly revenue

Physical

- Weighs at least 165 pounds

What rewards has he earned?

- Chino pants
- Suits
- Sound bar
- AR15
- New phone
- Fix up truck
- LASIK eye surgery

What are his key habits?

Spiritual

- Daily meditation on the word.
- Constant conversation about the Kingdom of God dwelling within.

Personal

- Keeps his goals before him, constantly thinking about who he is becoming with every decision.
- He is extremely careful with his words.

Business

- Maintains a standard of excellence in all his work.
- Finds a way to complete his daily work.

Physical

- Works out 6 days a week.
- Gets proper rest for the lifestyle he desires to live.
- Proper hydration to maintain better energy levels.

What does he have that you don't?

Spiritual

- Scripture hidden in his heart.

Personal

- A more tightly knit community of men pursuing a common goal of seeing the Kingdom established on the earth and in our lives.

Business

- Multiple high yield clients.
- The ability to retire his parents.

Physical

- 165 pound body in great shape.

What character traits does he have? Picture it.

- Honoring
- Compassionate
- Understanding
- Wise
- Strength (spiritual, emotional, and physical)
- Content / thankfulness
- Steadfast

How do other men perceive him? Why?

- As a leader.
 - He takes initiative, not in a demanding way, to lead others through the challenges of life, constantly pointing them toward Jesus.
- Reliable.
 - He is a man of his word. He is careful with his words because they have become gold. If he says he will do something you can count it done.
- As an example.
 - He has overcome and stepped into many things that other men long for. He is willing to show the way and help other men achieve these goals.
- As strong.
 - He has grown in physical strength, yes, but he is strong emotionally and spiritually as well. Others know that he is someone they can turn to in times of need and he will help by pointing them to Jesus.
- As humble.
 - He does not lord any of this over anyone. He knows none of it is by his own doing but through grace alone. He can constantly be seen giving credit to God and others, without taking it for himself.

How do women perceive him? Why?

- As pure.
 - There is no longer any lust within him. Where in the past he would have stumbled, Christ has set him free. Women can sense the purity in which he walks and it frees them to be themselves around him.
- As safe.
 - He has shown that he will protect their honor and purity even at personal cost. They know if things get choppy that he is someone they want in their corner.
- As honest.
 - He does not deceive and is a man of his word. They know that if he says something he means it.
- As honoring.

- He protects their honor and covers when needed. He is one they know they can trust and rely on.
- As kind.
 - He does not say unkind things. He can constantly be found building up and encouraging others. His words bring healing not destruction.

What traps did he avoid and how?

- Distractions / Entertainment
 - He overcame this by placing limits on the amount of time he is allowed to spend on things like: social media, video games, movies, and politics. He is held accountable to these standards first by himself and second by other men pursuing the same goal. These things are still useful in his life as rewards but not as everyday habits.
- Laziness
 - He overcame this by keeping his goals in focus. These goals - both short and long term - will not come about passively. He knows that he has to put intentional effort into moving toward these goals. By constantly reminding himself what he is after, he overcame the temptation to be lazy.
 - "Rest at the end - not in the middle" - Kobe Bryant
- Boredom
 - He overcame this by taking it head on and realizing that it is not a bad thing. Boredom is what lies between where he is and his most creative state. He learned to not suppress this boredom with cheap dopamine but to press through toward the greater goal of becoming the man he has described in this document.
- Discouragement
 - He overcame this through the Word and Christ centered community. He knows that he is not perfect and will fail at times during his transformation. Rather than letting this discourage him, he turned to the Word of God and the other men around him. These resources help him understand that his identity is not in failure and that he is still growing.