

EXECUTION STRATEGY

A 90 day plan of action built on your vision as a man.

PURPOSE

This guide is to help you establish your role as a man of God, create a personal vision and develop a plan to move towards that vision. Men were created for a purpose and to fulfill that purpose you have to be consistently working to improve yourself. You must step outside of your comfort zone in order to grow.

A MAN OF GOD

A Man of God seeks the Father with all his heart, soul, mind, and strength. ***He takes control of his masculinity and uses those characteristics to better serve the people he loves, himself and his community.*** He knows his values and stands firm in them. He is strong, courageous and disciplined. He is a protector, a leader and a servant. He is humble and does everything in love.

A MAN'S PURPOSE

If you look at men today. I think you can easily draw the conclusion that men have lost touch of what their purpose is. Men's roles years ago were more obvious than they are today. That doesn't mean they have changed. It just means we have to take the time to identify them and define them.

All men have the same core purpose. That purpose is to Lead, Provide and Protect. This is built into every man. It may look different to each individual but, the core purpose is the same.

Take time to look at some examples on the next page. Write some of your own down. What does Protect, Provide and Lead mean to you?

Lead:

This calling is first and foremost to lead ourselves and families. Second, this should overflow to others in our circle of influence. What might this look like?

Spiritual Leader. A man is called to be the Spiritual Leader of his home.

- We should be praying with our wives and with our children.
- Leading family Bible studies.

Lead by example.

- Live a disciplined life that touches the lives of the people around you.
- Live a life worth following.

Protect:

We are called to protect our families, our friends and community.
What might this look like?

Protect your family.

- Protect them from the evils of this world by leading them to Christ.
- Protecting them from making bad decisions by teaching them to make good ones.
- Physically prepared to protect them from a physical altercation.

Provide:

Men are called to provide, give, contribute and produce.
What might this look like?

Work

- We provide income for our home by working hard.
- While at work we contribute by leading with a good work ethic and team mentality.

Comfort

- We provide comfort to our family by being men of love and listening to our wives and children.
- We should be a safe place for them.

WEEK 1: VISION

A MAN'S VISION

Jesus set the ultimate example of having a vision and being a man on a mission. He knew where he was going. He pressed towards that ultimate goal of being the man God called him to be.

Without a vision a man can easily become lost. A vision gives you direction. Without a vision you are just aimlessly wandering through life. ***If there is no target there is nothing to aim for.*** As men it is very important for us to have a target. Something to focus on. We need something to check our decisions against. Something to keep us accountable and on track.

Group Activity: Take time to look over some vision examples on pages 4 & 5. Pray as a group and ask God to place a vision on your heart.

Individual Activity: Take 20-25 minutes to begin writing a vision and then share that vision with the group. See questions to consider below. Your vision does not have to be perfect. You will continue to work on it over the next week.

Weekly Activity: Take time this week to finalize your vision. This will be the foundation of your 90 day plan.

Key Questions - *Answer these questions as you currently feel and then answer them as the ideal version of yourself.*

- What does my relationship with God look like?
- How am I showing up as a husband? Am I taking time to really connect with my wife? What does that relationship look like?
- How am I showing up as a father? What does the relationship with my children look like? How do they view me?
- What characteristics do the men that I admire all have in common?
- How do I feel about myself when I look in the mirror?

Tips For Writing A Vision

- A vision should be relevant to you. It should stir you up. You should feel it pull at your emotions as you read it. It should motivate you and call you to action.
- Pray over your vision. Ask God to reveal to you the man that he has called you to be.

- Write your vision as if it is currently happening.
- Think of all the areas you show up in life. Write your vision with the following in mind, specifically your faith, health, finances, relationships and the type of man you want to be.

VISION EXAMPLES

Example 1:

I am a man of strong faith. I live to serve God. I know and hear his voice. I love my wife passionately. I serve her, support her and protect her. I love my children fiercely. I will raise them to know, love and serve God with their whole hearts. I constantly strive to be the best husband and father that I can be. I lead my family by example. I am disciplined. I am mentally and physically strong. I welcome challenges and crush goals. I am confident but humble. I seek knowledge and apply what I have learned. I am a man of vision and action. I push towards growth. I look at the positives. I control what I can and leave the rest in God's hands. I make no excuses and take extreme ownership. I am the man that God has called me to be.

Example 2:

I am humble, kind, intense, and humorous. I am a man that possesses peace. Love, peace, and joy radiate from The Holy Spirit within me and infect others around me. I am a warrior that is physically, mentally and spiritually strong. I am prepared to help anyone at any time and will give Jesus the praise for it. I love my wife passionately. I am an equal partner in our marriage. I lead my children to Jesus and I lead by example. I protect my wife and children from the evils of this world, both physical and spiritual, but I also train them on how to protect themselves and others. I am a man that my wife and children are proud of, but pride does not rule me. I love myself, but I love others more. I will hear "well done my good and faithful servant" when I go to heaven.

Example 3:

I love Jesus Christ above all things. My words and action will illustrate that I am a disciple of Christ and with that hold to the integrity that is set for by scripture. I will love honor and support my wife. I will be the leader of my wife and kids spiritually and physically. I will protect and guide them, even unto death. I will be strong, courageous, and a pillar of faith for my family, friends, and even my enemies. I will make friendship a fine art. I will lift up the downtrodden. I will support those who are afflicted and weak. I will put the needs of others before myself. I will fight for what's perfect and right. I will always keep myself mentally alert, physically strong, and morally straight. I will exemplify trust and forgiveness to all. I will never surrender. I will never quit.

Example 4:

I am confident in the man that I am. I am a man of high integrity in everything I do. My faith is an evident part of who I am and impacts those around me. I am in the best physical shape of my life. My financial situation is sound and I am able to bless those in need as God directs me. I am always learning new skills and committed to personal growth. I am a well respected leader in my field. I have a strong marriage and my wife and I are involved participants in groups making a difference in the lives of others. I've cultivated a strong community of friends and leaders committed to serving our community while spreading the good news of the gospel.

WEEK 2: GOALS

Now you have a vision but, how do you move towards that vision? You need a plan. Without a plan a vision is nothing more than a dream. We are called to be men of action. We lead by example. We move. We grow.

The first step to developing that plan is coming up with goals you can complete to move you closer to the man God has called you to be. These goals are across 5 key areas.

FAITH

Developing your relationship with God. Learning to trust God and to trust his word. Working to strengthen and develop your Faith.

“Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.” James 4:8 NLT

MINDSET

This area is to focus on your mental state. In order to show up as the man you are called to be you have to get yourself right mentally. Lead and develop yourself so that you can show up and serve the people you love.

FITNESS

Physical health. Diet, nutrition, sleep, exercise, etc ...

“It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.” Socrates

RELATIONSHIPS

Focus on developing strong and meaningful relationships with family, friends, neighbors, co-workers, etc...

“As iron sharpens iron, so one person sharpens another.” Proverbs 27:17 NIV

“And let us consider how we can spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another and all the more as you see the Day approaching.” Hebrews 10:24-25 NIV

SERVE

Focus on contributing more than you consume. Give back, add value. Choose a goal that will help you add value to your family, friends, community, job, co-workers, etc...

“Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Mark 10: 43-45 NIV

Group Activity: Make a list of some goals that would fit in each category.

Individual Activity: Take 15-20 minutes for each man to come up with 3-5 goals for themselves in each area.

Take time for each man to share his goals with the group.

Weekly Activity: Take time this week to review the goals you have identified. Then you will need to pick one goal from each category to focus on for the next 90 days.

Key Questions -Ask yourself these key questions as you work to identify your goal.

- Why do I want to accomplish this goal?
- Why is it significant?
- What are the benefits of it?
- Will accomplishing this move me closer to my vision?

Goals should be specific and measurable. Your goal should be something you can achieve but pushes you outside of your comfort zone to accomplish it.

FAITH

Examples:

- Complete 60 days of S.O.A.P.S. while following a Bible reading plan.
- Spend 15 minutes each day praying with intention and sitting in God's presence.
- Pray with my wife 3 times each week.

Possible goals:

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My 90 day goal:

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MINDSET

Examples:

- Read 3 books.
- Establish a morning routine. Follow the routine for 60 total days.

Possible goals:

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My 90 day goal:

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FITNESS

Examples:

- Run a marathon.
- Lose 20 lbs.
- Increase my one rep max for squat, bench press and deadlift.

Possible goals:

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My 90 day goal:

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RELATIONSHIPS

Examples:

- Date my wife. Total of 8 dates.
- Start a men’s group. Meet for 10 consecutive weeks.
- Attend a men’s group. Go for 10 consecutive weeks.

Possible goals:

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My 90 day goal:

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SERVE

Examples:

- Complete weekly home chore list for a consecutive 10 weeks.
- Cook dinner and clean up 4 days each week for 10 weeks.
- Volunteer at church.
- Coach a youth sports team.

Possible goals:

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My 90 day goal:

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WEEK 3: TASKS TO EXECUTE

Now you have 5 goals but, how do you accomplish those goals? You establish a task to complete them. Without a way to accomplish a goal you only have good intentions.

Group Activity: Select a goal from each category from someone in the group to use for an example in identifying tasks. As a group, list some tasks that could be completed in order to accomplish the goal. List some daily and weekly tasks.

Individual Activity: Take 15-20 minutes to identify 3-5 tasks for each goal and share them with the group.

Weekly Activity: Take time this week to review the tasks that you have identified. Then you will need to pick one for each goal to execute. These are tasks you will complete each day or each week for the next 90 days in order to meet your goals.

FAITH

Example

- Daily task, complete a S.OA.P.S. for the day's Bible reading.

Possible tasks:

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My 90 day task:

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MINDSET

Example

- Daily task, spend 15 minutes reading each night.
- Weekly task, spend 45 minutes reading on Saturday mornings.

Possible tasks:

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My 90 day task:

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FITNESS

Example

- Daily task, follow a daily workout routine.
- Weekly task, record weight on Saturday mornings as soon as I wake up.

Possible tasks:

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My 90 day task:

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RELATIONSHIPS

Example

- Daily task, take 10-15 minutes each afternoon to make arrangements for date night. Plan for where we are going and what we are doing. Scheduled babysitter.
- Weekly task, take my wife out on a date.

Possible tasks:

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My 90 day task:

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SERVE

Example

- Weekly task, volunteer as a greeter each sunday morning.

Possible tasks:

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My 90 day task:

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WEEK 4: CHECKPOINTS

Now you have 5 tasks. To ensure you are on track to complete your goal you need to come up with 30 and 60 day checkpoints. This will give you a place to reflect and determine whether the task you selected is moving you closer towards completing that goal. If it is then great keep up the good work. If not, make some changes and keep working towards the goal.

Group Activity: Select a task from each man in the group to use for an example in identifying a checkpoint. As a group, list some checkpoints that could be utilized to measure whether you are on track to complete the goal or not.

Individual Activity: Take 15-20 minutes to identify checkpoints for each goal and share them with the group

FAITH

Example

- 30 day checkpoint, 20 S.O.A.P.S. completed.
- 60 day checkpoint, 40 S.O.A.P.S. completed.

30 day checkpoint:

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60 day checkpoint:

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MINDSET

Example

- 30 day checkpoint, 1 book read.
- 60 day checkpoint, 2 books read.

30 day checkpoint:

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60 day checkpoint:

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FITNESS

Example

- 30 day checkpoint, 8 lbs lost.
- 60 day checkpoint, 16 lbs lost.

30 day checkpoint:

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60 day checkpoint:

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RELATIONSHIPS

Example

- 30 day checkpoint, 3 dates.
- 60 day checkpoint, 6 dates.

30 day checkpoint:

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60 day checkpoint:

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SERVE

Example

- 30 day checkpoint, served 3 Sundays.
- 60 day checkpoint, served 7 Sundays.

30 day checkpoint:

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60 day checkpoint:

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GET AFTER IT!!

You have now completed the Execution Strategy Guide. Get out there and get after! Crush the next 90 days, the 90 after that and on and on. The truth is this journey is a never ending. There will always be room for improvement. Never stop pushing and never stop growing. Always work to improve yourself so that you can better serve the people you love. Work to live at your full potential. Be consistent and disciplined. Live a life worth following.

“Someone once told me the definition of Hell: The last day you have on earth, the person you became will meet the person you could have become.” — Anonymous

BAND OF BROTHERS

We highly recommend you join a Band of Brothers to walk shoulder to shoulder with. Can you do this on your own? Sure you can but, the road will be tougher and not nearly as meaningful. There is something special about sharing life with a group of men that are willing to support you and hold you accountable. If you have completed this guide with a group, continue to meet. Use this as a foundation and hold each other accountable and push each other to grow.

“As iron sharpens iron, so one person sharpens another.” Proverbs 27:17 NIV

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