



MEN NAVIGATING EVERYTHING

VIDEO SERIES STUDY GUIDE

Welcome to this video series and discussion guide on improving ourselves as men. By showing up, you probably feel like it's time for an empowering challenge to identify and intentionally target areas for improvement in your life. Brett is just the person to walk along with you as he is a trusted fellow journeyer with over 24 years of leadership and speaking experience. He identifies 8 areas to score yourself in with his unique flywheel tool. He then breaks down for you clear, practical ways to make progress in those areas. He will inspire you to move towards your best self and give you strategies to get there. This study guide can be done individually or shared in a small group format (which we recommend most if its possible for you).

Thanks for joining in.

Study Guide: We would like everyone to take this course and use the study guide to help you get the most out of it. We are so confident in its content, that we are offering this study guide for free however in order to keep producing good content, we would appreciate a donation. Typically our study guides sell for \$5 for personal use and \$100 for a church-wide license. Thank you for considering supporting our work.

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DAY 1 | INTRODUCTION

If you are doing this as a group introduce yourself briefly to the group (name, age, occupation etc.). Watch the Intro Video (~14 min)

Think through yourself and/or share your responses to the following questions with your group.

- 1 What brings you to this series/group?

2 What do you hope to get out of this series?

3 Why do you think men are searching for this topic of “how to be a better man, husband, father”, which led Brett into addressing men in these areas?

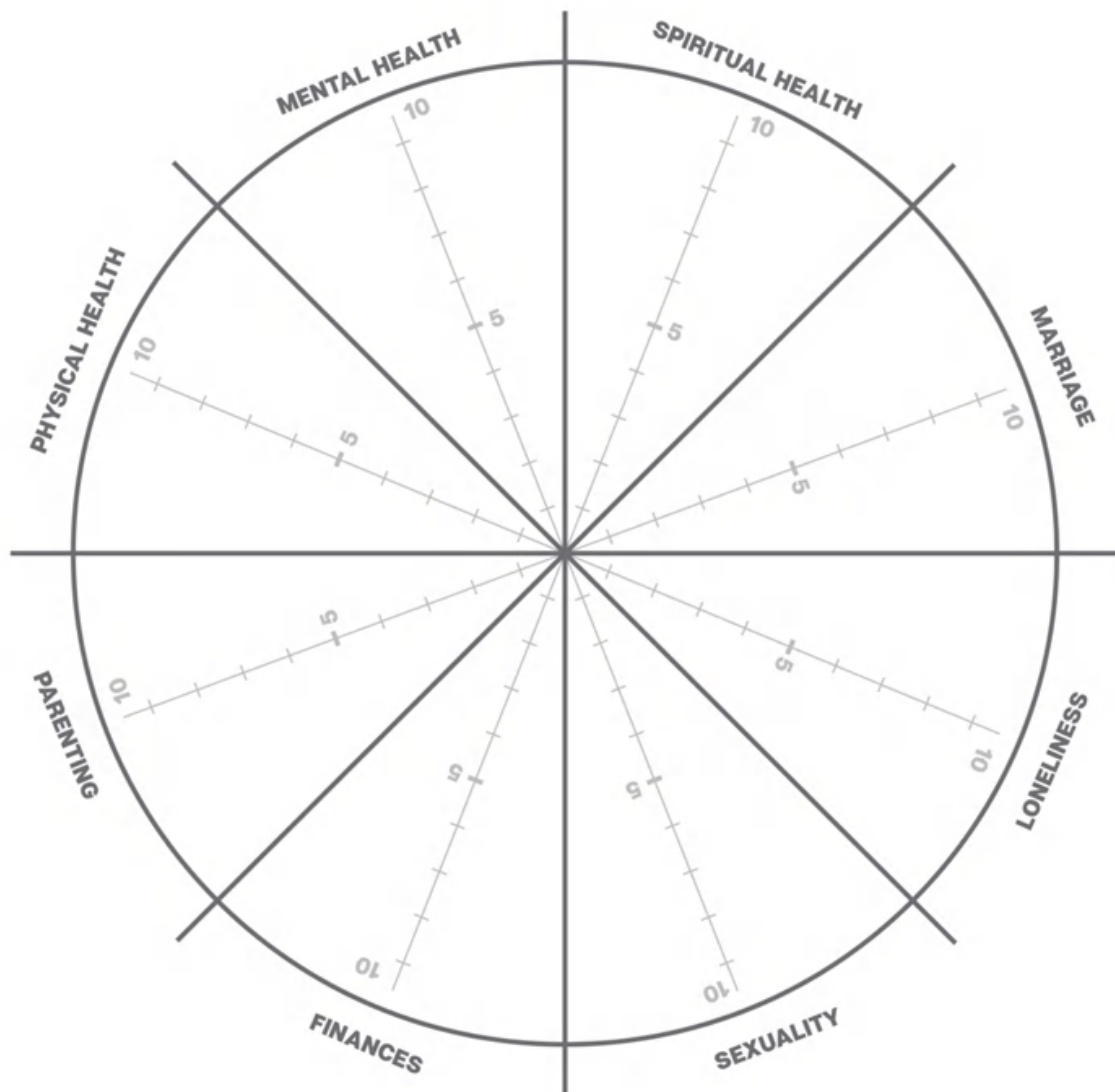
4 Why does improving ourselves as men matter to our faith, family, and society?

5 Have you read any books on men; if so, what was helpful and not helpful about them?

6 What is a system in your life currently? How is it/are they serving you right now?

7 Do you find you are more reactive or proactive in your responses to life?

Take some time now to fill in the Flywheel tool with the number that best reflects where you are at presently in each of the sections and add the arrow pointing in what direction you feel you are heading in.



List the 8 areas in order of best score down to least score (or least to best depending on your preference). Consider where you might be motivated to direct your focus over this video and discussion series. You can choose an area of strength or weakness: it's up to you. Share your scores and where you want to focus with your group, if you are in one.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Click [here](#) for a downloadable version of the flywheel to fill in.

At the end of the video and each upcoming video, Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. This will capture your initial thoughts and motivations. Write down your responses as these may guide you through this series so you can track your thinking and see any trends. These can form your goals.

WASTE NO MORE TIME ARGUING WHAT A GOOD MAN SHOULD BE. BE ONE.

~ Marcus Aurelius

Let's get started on this journey together!

Next steps to go deeper:

Read 5 pages a day of *Upstream*

Upstream (Dan Health) - <https://amzn.to/3nu6QAf>

When finished read either *Tiny Habits* or *Atomic Habits*

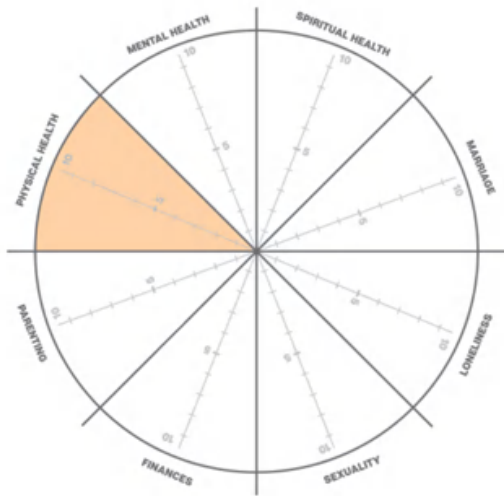
Tiny Habits (B.J. Fog) - <https://amzn.to/3hu1ctX>

Atomic Habits (James Clear) - <https://amzn.to/3lkttEx>

My book *Parenting: Navigating Everything* – <https://amzn.to/3tzPjYs>

My website: www.brettullman.com

DAY 2 | PHYSICAL HEALTH



Watch the *Physical Health video* (~7 min)

Share with the group how you rated yourself and in what direction your arrow is pointing.

Share your responses to the following questions with your group.

- **Move:**

What's 1 thing you can do to move by 5% more?

What's something you can stack with movement/exercise?

- **Sleep:**

What's 1 thing you can do to get 5% better sleep?

● **Eat:**

What's 1 thing you can do to improve your nutrition by 5%?

In what area, do you anticipate you will have the most success?

What are you most motivated to change and why?

Where do you expect more of a struggle?

How can you set yourself up for success? What would help to put in place to increase the likelihood that you will be successful this week?

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Consider writing down your responses so you can plan goals around them.

Book Suggestion: this is one of my favourite books

The Ripple Effect (Greg Wells) - <https://amzn.to/2XSsO5r>

DAY 3 | MENTAL HEALTH

Share with the group where you saw improvement since you last met in the areas of Move, Sleep, Eat. What do you plan to keep doing to be intentional in those areas?

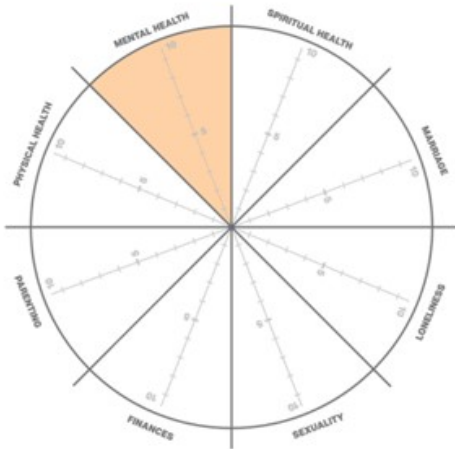
- Move

- Sleep

- Eat

Watch the mental health video (~9 min)

Share with the group how you rated yourself and in what direction your arrow is pointing.



Share your responses to the following questions with your group.

- 1 Brett shares his own story of mental health struggles. Do you have any challenges in this area? If you are comfortable, share briefly with your group how this topic connects with you personally.

HEREIN LIES ONE OF THE MOST PERVASIVE
MISUNDERSTANDING REGARDING MENTAL ILLNESS:
THAT GOD SPARES THIS KIND OF PAIN AND SUFFERING
FROM THOSE WITH DEEP AND ABIDING FAITH.

~ Stephen Greco

Mental Health and the Church

- 2 How do you feel about this quote?

Here is the list that Brett outlined on risk factors/causes for mental health concerns:

- o Predisposition
- o Traumatic Events
- o Burnout/Breakdown
- o Isolation / Loneliness
- o Chronic Unwellness
- o Substance use and abuse
- o Social media & Dopamine
- o Relentless Pressure
- o Poor Diet
- o Lack of quality sleep
- o Postpartum
- o Concussions
- o Over-Parenting
- o Unemployment

3 Are there any other risk factors/causes you think should be added to this list?

4 Do you see any of these risk factors in your life?

5 What is a practical way you see to address some of those risk factors in your life using the body, mind, and soul model?

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Plan to work on getting better at 1 spiritual discipline this week. Which one and what do you plan to do this week?

Next steps to go deeper:

Watch Brett's video *Hope for the Walking Wounded*

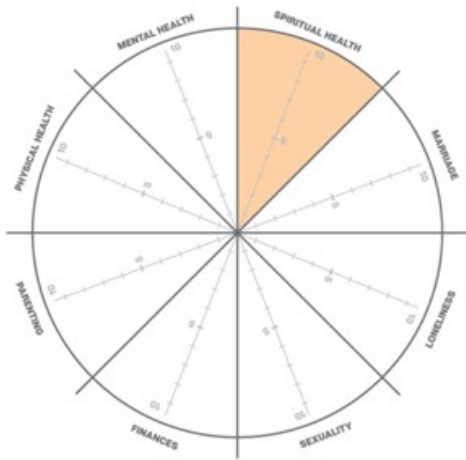
Original Recording – https://youtu.be/kUfCJUmc_us

YouTube Live Recording - <https://youtu.be/PENIsAIUnmk>

DAY 4 | SPIRITUAL HEALTH

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your mental health. What do you plan to continue to do to strengthen your mental health ongoing?

Watch the spiritual health video (~6 min)



Share with the group how you rated yourself and in what direction your arrow is pointing.

Share your responses to the following questions with your group.

1 In each of these areas below, share ideas as a group that would help to improve someone's spiritual health by 5%?

- o Study scripture
- o Prayer
- o Worship
- o Service
- o Sabbath/Rest
- o Solitude and silence
- o Simple and Sacrificial Living
- o Fasting

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Plan to work on getting better at 1 spiritual discipline this week. Which one and what do you plan to do this week?

Next steps to go deeper:

Brett has a small group video series called *media.faith.culture – the disconnect*. The middle section on faith goes deeper into all of these spiritual disciplines

 RightNow Media:

<https://www.rightnowmedia.org/Content/Series/455066>

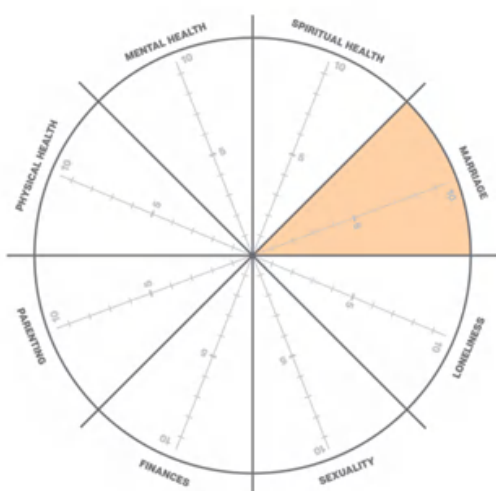
 Brett's Course Page:

<https://navigatingeverything.thinkific.com/>

DAY 5 | MARRIAGE [MEN AS HUSBANDS]

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your spiritual health. What do you plan to continue to do to strengthen your spiritual health ongoing?

Watch the video on marriage (~6 min)



Share with the group how you rated yourself and in what direction your arrow is pointing.

This might be the section you have the most resistance to. Sometimes the structures we have set up in our marriages are self-serving and we don't want to change them. Brett wants to remind you of the quote

WHERE THERE IS RESISTANCE, THERE IS WORK.

~ Psychologist (name withheld)

Share your responses to the following questions with your group.

Relationship:

1 Do you know what your love languages are?

2 How about your spouse?

Brett's recounting of the card he bought Dawn shows the struggle. It takes work to communicate love in a way that is not your love language.

Household management:

1 What's your reaction to what Brett said about needing to reframe being a helper to being an equal partner in managing the household and raising children?

2 Have you heard of the concept of emotional labour before? Now that you have, what are your thoughts on it?

Sexual Intimacy:

Brett states a reframing is needed in how we view sex in marriage. It's not something you are entitled to just because you are married. Your spouse's needs and pleasure are just as important as yours. There is nuance to this conversation so if these statements intrigue you to hear more, look at the next steps for the *Bare Marriage* link.

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Consider writing down your responses. What is one thing you could do to improve your marriage relationship this week? Share that with your group.

Next steps to go deeper:

Relationship

Love Languages book

The Five Love Languages – <https://amzn.to/3EovkRk>

The Five Love Languages for Men - <https://amzn.to/3EzGdQH>

Household Management

Fair Play Book - <https://amzn.to/3nGtLZ1>

Fair Play Deck of Cards - <https://amzn.to/3hzRYfZ>

Sexual Intimacy

Bare Marriage Podcast - <https://tolovehonorandvacuum.com/>

The Great Sex Rescue Book - <https://amzn.to/3ChwsV8>

Brett's Parenting: Navigating Everything book (has a chapter on sex) - <https://amzn.to/3ECS7Ji>

I have several other books I promote on this topic. Click the links below to find some.

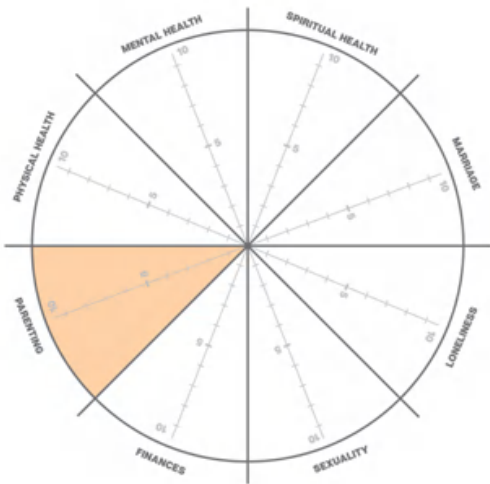
Canada - <https://www.amazon.ca/shop/brettullman>

United States - <https://www.amazon.com/shop/brettullman>

DAY 6 | PARENTING [MEN AS FATHERS]

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your marriage. What do you plan to continue to do to strengthen your marriage ongoing?

Watch the video on parenting (~7 min)



Share with the group how you rated yourself and in what direction your arrow is pointing. Share your responses to the following questions with your group.

- 1 What's something you are currently doing to nurture a relationship with your kids?
- 2 What is something else you can start doing/do more of to intentionally grow your kid's attachment to you?
- 3 How are your family dinners going? Do you have enough of them? How is the conversation around the table?

4 What do you think about having family meetings?

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Write down your responses to reflect on later. What is one thing you plan to do to strengthen your relationship with your kids this week?

Next steps to go deeper:

Brett's Parenting: Navigating Everything book - <https://amzn.to/3ECS7Ji>
Parenting: Navigating Everything 6-part Video series

 RightNow Media:

<https://www.rightnowmedia.org/Content/Series/454938>

 Brett's Course Page:

<https://navigatingeverything.thinkific.com/>

3 Recommended YouTube videos

1. *How to become a better parent: Positional vs Relational Influence | Parenting Tip*
<https://youtu.be/-3acWfYxLCY>

2. *Why you should eat dinner as a family | Family Dinners | Parenting Tips*
<https://youtu.be/q4iEO3-dG-E>

3. *How to have a family meeting | Conducting an effective family meeting | Parenting Tips* - <https://youtu.be/MWLDdITU7wo>

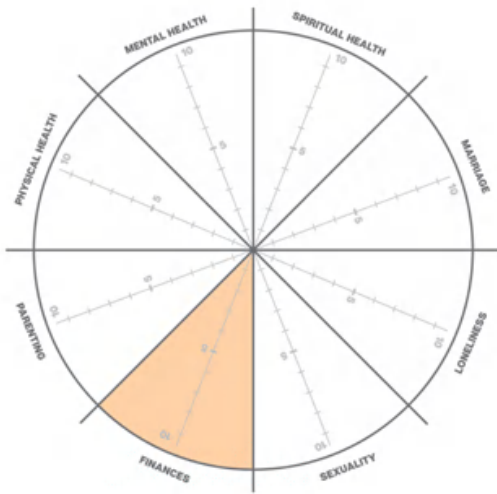
Report Card for Parents

<https://www.brettullman.com/2020/07/16/report-card-for-parents-2/>

DAY 7 | FINANCES

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your parenting. What do you plan to continue to do to improve your parenting and relationship with your children ongoing?

Watch the video on finances (~3.5 min)



Watch the finances video

Share with the group how you rated yourself and in what direction your arrow is pointing. Share your responses to the following questions with your group.

● Earn More:

How do you feel about your family's current income? Do you need more, or do you have enough?

If you need more, what could you do to move one step in that direction?

If you have enough, how do you feel you are currently doing with managing it?

- **Save More:**

What would you like to save up for? What's a dream you have?

How are you doing with saving for your children's education and your retirement?

- **Give More:**

What causes are important to you? What do you currently donate to and where else would you like to give?

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Write down your responses to reflect on later. What's one thing you plan to change about your finances this week?

Next steps to go deeper:

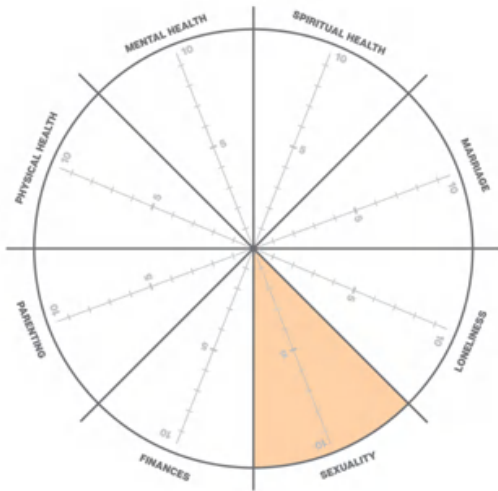
Dave Ramsey website - <https://www.ramseysolutions.com/>

*You can find his call-in show as a *podcast* or on *YouTube*.

DAY 8 | SEXUALITY

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your finances. What do you plan to continue to do to improve your financial situation ongoing?

Watch the video on sexuality (~12 min)



Share with the group how you rated yourself and in what direction your arrow is pointing. Share your responses to the following questions with your group.

1 How are these conversations going with your children?

Brett lists ways to fight personal temptation in this area. Discuss any thoughts or ideas that come to mind from this list.

- o Decide you are done with porn
- o Start putting up barriers
- o Faith-worldview
- o YouTube
- o PDFs- covenant eyes
- o Get support
- o Break cycles
- o Detox
- o Break Addiction
- o Accountability
- o Get Counselling
- o Books

DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT
BE TRANSFORMED BY THE RENEWING OF YOUR MIND.

~ Romans 12:2

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Write down your responses to reflect on later. What do you plan to do to make improvements in your views and actions in the areas of sex, porn and dating?

Next steps to go deeper:

The Sex Talk video – <https://youtu.be/F9YJOceDhno>

The Porn Project video – <https://youtu.be/KkWpCvGp23c>

Dating For Life: the questions - https://youtu.be/eqx75K7_2NY

Sexual Detox Challenge

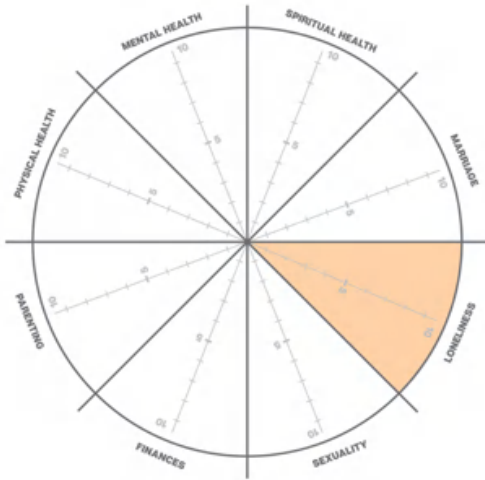
This is a blog I did way back in 2015 on this topic. I added in more current material to the end of the blog.

<https://www.brettullman.com/2015/03/26/sexual-detox/>

DAY 9 | LONELINESS

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your sexuality. What do you plan to do to make improvements in your approach towards sex, porn and dating ongoing?

Watch the video on loneliness (~9 min)



Share with the group how you rated yourself and in what direction your arrow is pointing. Share your responses to the following questions with your group.

- 1 Do you relate to the feeling of loneliness?
- 2 How could you gain more connection in your life?
- 3 What do you wish was different in your relationships?

Brett lists ways to help in this area. Discuss any thoughts or ideas that come to mind from this list.

- o Gain connection daily
- o Gain support
- o Counselling
- o Nurture present relationships
- o Volunteer
- o Join Groups
- o Other ideas

Brett asks:

Anything you want to change?

Anything you want to start?

Take a minute to think about those questions and share your thoughts with your group. Write down your responses to reflect on later. What's one thing you plan to do this week to gain more connection with someone?

Next steps to go deeper:

Chapter 16 of Brett's Book is on Loneliness

Parenting: Navigating Everything book - <https://amzn.to/3ECS7Ji>

How to have a better relationship with your phone (9-part series) – work on having full attention as opposed to partial attention.

Video 1 - touch and interaction - <https://youtu.be/4oGWyn9XQ4w>

Video 2 - notifications - <https://youtu.be/ICgWaXvBs60>

Video 3 - family dinners - <https://youtu.be/vTlqAGhubh8>

Video 4 - movies - <https://youtu.be/oWrfQahlyIQ>

Video 5 - work/school - <https://youtu.be/VxZYzVQJrf0>

Video 6 - restaurant - <https://youtu.be/D5JndfvV6u4>

Video 7 - driving - https://youtu.be/L_S4MC3CTiQ

Video 8 - walking - <https://youtu.be/g39DcyM3aHs>

Video 9 - downtime / vacation - <https://youtu.be/bq785U8Kwao>

Loneliness Survey

<https://www.brettullman.com/2020/07/28/loneliness-survey/>

DAY 10 | CONCLUSION AND RESOURCES

Share with the group where you saw improvement since you last met. Share how it went to implement one thing to improve your connections with others. What do you plan to do to make improvements in your relationships ongoing?

Watch this last video on the conclusion and available resources (~4.5 min)

- 1 Review your original Flywheel tool scores. If you were to complete this flywheel tool right now, would your results all be the same or have any moved?
- 2 Do you have any set goals for what you want to work on next or keep working on?
- 3 Share those goals with the group.

We suggest you set a daily reminder on one goal to keep your momentum. You may wish to set a follow up reminder in 1 month and then 3 months to check in with yourself and even your group.

Some people may wish to complete this series again yearly which you are invited to do.

DO THE BEST YOU CAN UNTIL YOU KNOW BETTER.
THEN WHEN YOU KNOW BETTER DO BETTER.

~ Maya Angelou

We have reviewed 8 challenging areas together. Thank you for sticking with the series and the group. It is our hope that you now have more insight, tools, and motivation to keep moving forward towards your goals to become the best man you can be. Look back on your notes to remind and inspire you. Every little step is progress. You can do this. You can do hard things and we are cheering you on.

Resources for your journey:

Parenting: Navigating Everything book - <https://amzn.to/3ECS7Ji>

 Website: www.brettullman.com

Social Media: You can find all of Brett's social media linked directly at the top of his website. They are also linked below.

 YouTube - <https://www.youtube.com/brettu>

 Instagram - <https://www.instagram.com/brettullman/>

 Twitter - <https://twitter.com/brettullman>

 Facebook - <https://www.facebook.com/brettullman11>

All the books I promote on all of the topics I speak on can be found on the Amazon link below. All books are divided up by category so you can find them easily.

Canada - <https://www.amazon.ca/shop/brettullman>

U.S. - <https://www.amazon.com/shop/brettullman>

Stay in touch with us at brettullman.com.

Thanks for spending this time with us and spread the word to others so that many can be motivated to make positive changes in their lives.

All the best to you,

~ Brett Ullman

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