

FOR MEN

A GUIDE · A REMINDER · A MIRROR ·

**BE GENEROUS · FORGIVING · HONEST · HARD WORKING · KIND ·
HELPFUL · ATTENTIVE · MINDFUL**

*"Be always positive.
Fuck it — book it.
Be careful. Don't die.
Keep moving."*

PLANT THAT TREE.
BUILD THAT HOME.
RAISE THAT CHILD.

A REAL MAN NEEDS ADVENTURERS.
GOALS. SUCCESSES. FRIENDS.
SHARED MEMORIES.

SLEEP.
A LOT.

**FORGIVE
YOUR
PARENTS.
FORGIVE
YOURSELF.**

Make the 8-year-old & the 88-year-old
version of yourself proud.
Nobody else.

SAY NO.

ALSO TO THINGS YOU DON'T WANT TO DO.

TRAVEL.

TURN LEFT. WRITE WHILE DOING SO.

DON'T GIVE UP.

DON'T GROW UP. (IT'S A TRAP)

DON'T LET THE OLD MAN IN.

**SMILE + LAUGH
+ PRAY**

BE THANKFUL, **ALWAYS.**

ALSO FOR THE LITTLE THINGS.

*Walk. Inspect your surroundings.
There is magic everywhere.*

**TRY SHIT. FIX SHIT.
BE LOYAL.**

KEEP IT SIMPLE.

DON'T BUY SHIT YOU WANT.
BUY ONLY SHIT YOU NEED,
UNTIL YOU CAN AFFORD THE SHIT
YOU WANT.

**READ.
READ.
READ.**

FOCUS. RELAX.

TAKE BREAKS. CRY.

HELP OTHERS. — SHARE. —

SAY YES. A LOT.

DECIDE. MAKE DECISIONS.

EAT HEALTHY. BE CURIOUS.

WRITE DOWN YOUR THOUGHTS, IDEAS AND GOALS.

UNDERSTAND PSYCHOLOGY.

**MONEY = A
TOOL**

Stay in the present.
The past is gone.
The future is what you
make of it.

Worth nothing on
its own.

ASK FOR HELP IF YOU NEED IT.

**DEVELOP A GOOD SENSE OF
HUMOR.**

BE COURAGEOUS.

Don't drive at
night while
traveling.

Buy a hammock. And
use it.

Chop wood.

DON'T LET YOUR KIDS
CHOP WOOD.

Don't wear a
helmet.

Make sure your kids
wear one.

Be a role model.

Allow ambiguity.

Accept change.

Things will change.

DON'T BE TOO STRICT TO YOURSELF OR OTHERS.

MISTAKES ARE ALLOWED.

MAKE MANY. DON'T REPEAT THEM.

DON'T EVER FEEL ENTITLED · WORK FOR SMART
PEOPLE · LISTEN

LOVE YOURSELF.

YOU ARE PERFECT.

If you don't like it — change your surroundings.