

Purpose: The Men's Well is a program based completely in searching for honesty about your true person. The Men's Well charter is a collection of principles by which you should aspire to live out. The charter points guide you to ensure your attitudes and beliefs are serving you well, and if they don't, they need to go. I have a strong belief that these principles can build a healthy self-esteem and improve all your relationships generally.

(Note: These are not required to be actioned in a numerical order!)

- 1. Healing from past hurts and faults to stepping into emotional growth is channelled by how prepared you are to be ruthlessly honest and open.**
- 2. The focus is on you, not your relationship!** Acknowledge and own your behaviour! Strive to become your best friend. Desire to become the best version of you.
- 3. Live in this moment!** What is happening now can be managed, what has happened in past moments is unchangeable. Make good decisions today for future growth. You can manage emotions and reactions by recognising what is causing them and tagging them.
- 4. Separate fact from fiction!** Fact over Fiction – Truth over Opinion – Evidence over Suspicion. Challenge your beliefs by looking at problems from both sides to get a complete understanding. Identify your biases and prejudices and note them. Always govern with kindness and compassion.
- 5. Address problems and challengers separately, not collectively!** Look at solutions one problem at a time. Don't mash them together, it makes a solution seem impossible.
- 6. Treat your current status as an opportunity in a challenging time!** Look at trying new things. Don't be scared to explore and venture. Search for your passion!
- 7. It cannot be all pain and worry!** Just like when your finances are tight, you need to budget for socialising. So, you need to look to do activities you enjoy. Give yourself permission to have some fun.
- 8. Build a healthy view of women.** One or two bad experiences with a woman says nothing about women generally. Remember, you selected your ex-partner!
- 9. Violence is not an option...it is a jail sentence! (No more said!)**
- 10. Explore the possibility of a higher power!** If we believe there is none, that makes us the smartest objects in the universe and feel quite alone. Pray, it helps you!
- 11. Be selfish in caring for yourself but always willing to help those who reach out.**

“You can have everything in life you want, if you will just help enough people get what they want?” – Zig Ziglar (6/11/1926-28/11/2012)

Blessings
Mark Beaton.

1/08/2024 TMW

Disclaimer: Advice from The Men's Well (TMW) is based on personal experience and perspective. Everyone's journey is unique, and what works for some may not work for you. TMW encourages you to reflect, seek different viewpoints, and make decisions that align with your values and circumstances. When in doubt, consider consulting with a trusted professional or mentor.

Mark Beaton- Director