

**FEARLESS MEN**

**THROW-DOWN**

*30 Days and 30 Ways to Become A Better Man*

This FEARLESS MEN Throw-Down is created just for you. Not for the perfect man that has it all together.

These challenges are what have driven and motivated us to overcome our fears.

Pick one or pick many, we know that these Throw-Downs will spur growth and sharpen you as a better man. You'll surprise yourself with how far you can go.

Todd and John

# FEARLESS.

## Give fear a kick in the face.

### 1. Face your fear of failure

Are you afraid of failing and being embarrassed? It's a legitimate feeling. Ultimately your fear of what others think doesn't have bearing on whether or not you are skilled and able to fulfill the task at hand.

Stop being hyper-critical of yourself. Turn those imagined voices of other people snickering at you off. Make a choice to take your best stab at that which you fear failing. And be secure in the fact that if you do fail, the world won't hate you for it.

[Read this: Fear Is A Gift](#)

### 2. Face your fear of rejection

If what you're gearing up to do is constructive, are the vultures really going to gather and peck you to death with their criticisms?

No, probably not. It's time to face circumstances, and people, with the inner fortitude that the world really isn't out for your destruction.

Who are your circle of friends? Your circle of co-workers? Do they support you? If you are consistently worried about what your inner circle will think, you may have not picked the right group of supporters.

Starting walking in confidence. If you fear the rejection of those nearest to you because they DO tear you down, it IS time to get new supporters.

[Here's some extra.](#)

### **3. Get off the bench and get in the game**

We all applaud the underdog – win or lose – at least he tried. We applaud champions and those who never Give Up. We see the courage in their lives through their actions. But when it comes to our own lives we sit on the bench and become content with being spectators.

You might not be at your dream job but are afraid to quit and pursue it. Or maybe you want to go to school but lack the confidence that you can make it. Maybe your girl is waiting for you to ask her to marry you or let her go. Have you missed your kids recitals cause work is coming first? Maybe you got extra time but aren't volunteering or giving back to the community.

Well, how about getting off the bench and jumping in the game? Underdog or not, it'll be worth it!

[Read more here...Never Give Up](#)

### **4. Get up**

In spite of your circumstances you can emerge/rise up. Yes, it can always get worse. But yes, it can always get better. What's the difference?

Making the right choices. Concluding emotionally where you've been wrong. Don't blame others. Take responsibility for choosing the wrong relationships.

[8 Quick Tips To Get Yourself Going](#)

### 5. Start a Win Streak

If you're on a losing streak, get a win under your belt. Have you been lacking confidence?

It can be paralyzing to be on a losing streak. So decide to let that streak end, and forget about it. Decide where you'll start your new streak-your win streak-with some easy wins. Get those under your belt and keep climbing!

[Here's a little more: How To Beat The Blues](#)

### 6. Do something new

Don't continue on the same 'ol course. Expand your horizons as a man. Find something new to do, even if it's just once.

# TRAIN.

## Grow your man skills.

### 7. Get In Shape: Live Long and Prosper

How long do you want to live for? 70, 80, 90, 120? How active, energetic, and useful do you want to be in your 40s, 50s, and 60s?

Don't wait another day to begin your [health journey](#). Start working on it now. As they say, "Rome wasn't built in a day." If you're out of shape, you won't be rebuilt in a day either. It'll take one day at a time.

Start by joining a gym. Getting away from the comfort of your couch at home will help you get your body pumping.

### 8. Home improvement: Fix it

When I hear another guy say, “My wife keeps nagging me about fixing the sink plumbing or changing the light bulb,” I often wonder why they don’t just do it first.

I know they have time for a beer with the guys, one last match of Call of Duty, or the final two minutes of a critical overtime game.

Your lady takes care of you in some way. If you’re not reciprocating then you’re saying it’s her duty to do so, not a loving act. How long do you think that’s going to fly? Why not keep it simple and fix it. It really doesn’t take that long and she’ll appreciate you for it.

### **9. Keep Hunting: Don’t Settle For Career Auto-Pilot**

If you don’t have a job, find one ASAP. As a man it can be paralyzing to be without work. Your confidence is shot and it can be embarrassing. If that’s the case, each day have one singular goal-apply for at least 3 new jobs a day.

Oh, so you’re already employed? Well then, here’s my throw-down: talk to your boss about your career path and that you’re seeking a promotion this year. Tell them you want to grow, learn, and take on more responsibility.

Oh, that isn’t a viable option? Do it anyways. But while you’re at it, keep your external job hunt going. At least once a week look for jobs that you could be passionate about, and for jobs in your current field that are a step up (in position or salary). Keep getting your resume out there and you might land a great promotion outside of your company.

[A little extra advice on interviewing](#)

### **10. Cut out one bad habit/vice**

Today find an unhealthy habit (I'm sure it's already popped into mind) and make a decision, and a plan, to cut it. Smoke? Quit. Eating too many chicken nuggets? Stahp. Getting angry too quick? Address it. Late to everything? Don't push snooze.

## **GROW.**

### **Become a better man.**

#### **11. Don't let circumstances dictate your character**

If you're swayed by the tides of circumstance, you're a man of paperthin character. Bad decisions can't force us into selfish decisions, or cutting corners that hurt those around us. Be who you say you are and who you're meant to be, whether or not it's hard times.

[Manhood Not Guaranteed—Responsibility Required](#)

*"Few men have virtue to withstand the highest bidder" -George Washington*

#### **12. Start being polite**

Being polite and showing respect is an act of your character. It shouldn't only be in response to someone showing you respect or being polite to you. If you're only polite because you were treated politely then you're a jerk. And this is probably why no one treats you politely. You see the logic in that? Be polite first and others will reciprocate. You could be standing in the elevator and just say "hello" to a stranger or help an old lady with her groceries. Opportunities are endless and it cost you nothing.

### **13. Things to stop doing to yourself**

*In order to keep yourself moving forward consider these:*

- Stop spending time with the wrong people
- Stop moping over that girl that wronged you
- Stop whining
- Stop spending money you don't have
- Stop beating yourself up for old mistakes
- Stop blaming others for your problems

[To be continued...with 9 sequels.](#)

### **14. You can't compare your journey to someone else's**

Don't be bummed if someone is more successful or further along than you. Each person has a different journey. A different starting point, and different decisions to make. Enjoy your life without coveting someone else's. Relish what you have, and define how you want to grow in the next leg of your journey.

### **15. Stop the road rage**

Anger blows things out of proportion. If someone cuts you off they're probably in a hurry, not because they're racing. If someone doesn't use their turn signal it's because they forgot, not because they're trying to trick you. If someone slams on their breaks it might be because they got startled, not because they want you to run into them.

### **16. It's time to forgive and let go of that grudge**

You are hurt or the offense done against you might be legitimate. The pain is real. You need to move on though because it will cut you down when you need to grow. Be honest with yourself because you know that grudge is only hurting you.

It sours your mood, destroys your days, and leaves you unproductive. The worst part about a grudge is that it can be planted in an instant and when left to grow over time will take a real effort to uproot. Catch it now before it's too late.

### **17. Volunteer**

You've probably heard of some of the biggest organizations available: American Red Cross, Salvation Army, Big Brothers Big Sisters, YMCA, United Way and all the disasters *they* respond to. What's important to take from this is that the "*they*" in the previous sentence is normally all of us – the volunteers. If volunteers didn't exist then there would be no responding to any crises with the same impact that exists today. Need more motivation or a reason?

[Read about Volunteerism](#)

### **18. Don't Let the Liars Win**

If you were deceived, duped, taken advantage of, accept that maybe it really wasn't your fault. Don't loath yourself. But you are responsible for the next step.

[Should you care what people think?](#)

## **RELATIONSHIPS.**

### **It's time to care and take the lead.**

#### **19. Ask a lady out**

If there's a lady in your life that you want to ask out – Go Do It Already! More often than not we talk ourselves out of it. Be honest with yourself, because you've already done this. We make excuses for why we can't talk to her. The worst is, "I'll see her

again.” Or maybe “I’ll never see her again.” - True or not it’s an excuse and you’re sabotaging yourself.

It might not always be this clear though. Here are two questions I ask myself if I have a female friend whose company I really enjoy but not sure I can ask her out.

- 1) If someone else asks her out will I wish I had the guts to do it first?
- 2) When I’m considering asking another girl out does she come to mind?

If your answer is yes to either of these then you need to ask her out. I once answered “yes” and didn’t ask her out but then found myself missing her company while getting to know another girl.

## **20. Listen to Advice**

Men can be arrogant, brash, and close-minded. Life is too short and too good to be that man. When someone’s giving you advice, even an enemy or that co-worker you don’t like, it’s time to perk up those ears and listen. Some of the best and most honest advice I’ve ever received are from people being brutally honest because they don’t like me.

## **21. Have that tough conversation you’ve been putting off**

We all have a tough convo we’re putting off due to tension or not knowing how to go about it. It could be with your Dad, your Mom, sibling, friend, roommate, co-worker or acquaintance. It could be something small like, “clean up after yourself” or “stop eating my food.”

The key is to talk about it. Don’t let assumptions continue to taint the conversations. This doesn’t mean you have free reign to

Speak your mind. You'll still need to be tactful to have effective communication.

[Read more to learn about Effective Communication...](#)

## **22. Become a mentor**

If not for the many mentors in my life, I'm positive I wouldn't be where I am today. Some mentors saw the need in me and offered their experiences and advice. Sometimes I sought out mentors.

The common factor is that the mentor was willing to take on this challenge and responsibility. There are so many benefits to being a mentor for you and for the one being mentored. It can be done in person, through writings, social media or other communication methods.

- Invest in one of your friends
- Invest in a sibling
- Invest in a coworker
- Invest in a child

## **23. Apologize to someone**

Ask yourself this "Is there someone I've burned that I'm too proud to make amends with?" It'll be tough to make the first move but you'll be glad you did. Often times I've found assumptions and miscommunications to be the biggest culprit. And when these are allowed to grow they become like a wall that is tougher to get over or breakdown.

## **24. Make her feel special and appreciated**

We've all heard a million times that women are different from men. How strongly do you believe this though? If you do believe and you care about her then you're probably already taking

mental notes about her. They drop clues, they really do, if you're paying attention.

If you don't believe, you should! The questions we ask ourselves like, "Why is an anniversary so important?" or "Why does she like this \_\_\_\_?" Most of us don't get this. So, the answer to these questions is that it doesn't matter, but if you care about her then just do it. Start with making an effort and you'll see how much fun you have enjoying her company.

[Learn how to make her feel special everyday here...](#)

### **25. Break-off a bad relationship**

If you've got a destructive relationship in your life, whether it's with a buddy or even a ladyfriend, it's about time to cut them loose. Don't wait around any longer. In order to keep moving forward, have that tough conversation. Make a change.

[How to break-up...the right way.](#)

## **FINANCES.**

### **It's time to get your house in order.**

#### **26. Tell Your Money Where to Go**

If you don't tell your money where to go—it will go everywhere. It's really hard to tell it where to go if you don't know where it's going right now. [Mint.com](#) breaks this down easily.

Looking for a free service to get your finances in order? [Mint.com](#) offers a full package of free stuff to not just keep yourself in check—but to help you grow your money for the future. I've been using it for 4 years to keep myself in check. I promise the

visual aids and easy to use interface will make you 10 times more savvy with your finances in less than 10 minutes.

[Our Mint.com Review.](#)

### **27. Pay off your credit card debt, starting today**

Credit card debt is the 3<sup>rd</sup> largest debt in households. Where does it rank in yours and how are you managing it? One of the problems is treating credit cards like an infinite amount of cash.

People forget about the interest. The problem isn't the credit card but ones addiction to using it. It can be managed though. If you're at the bar, bring only cash. If you're addicted to credit card roulette then stop carrying credit cards when dining out. One person may need to cut up their credit cards and stick to cash. Others can probably make a budget and plan then stick to it.

### **28. Start paying off your student loans**

Just last month (September, 2012) I heard that student loan debt has hit a record of affecting 1 in 5 US homes. With a poor economy and bankruptcy not being an option it can be easy to forget about the debt and hope it works out ok. The truth is though that you have to manage it by making a student loan pay off plan. If you don't, interest will climb leaving you more in debt

### **29. Improve Your Bank Account**

If you don't yet have a bank account, open one ASAP. Don't rely on cash or mom and pop to hold onto your money. It's time to start putting it someplace safe.

If you don't have upwards of \$1,000-\$2,000 to deposit immediately, most banks will charge you a monthly checking account fee. Make sure to look for banks that offer student bank accounts (if you are one), or for local credit unions

that don't charge a monthly fee. Why waste \$10-\$20 bucks a month for someone else holding onto your money?

### **30. Grow your money**

You don't need to be a seasoned investor to grow what little cash you have. Purpose to set aside money, and accumulate more. Stop wasting, and start planning. Put what you've stored up in a savings account. And consider where else you can invest that. Look into your employers 401k options and think through where you might be able to wisely get a return on your hard earned cash.

## **THROW-DOWN**

It may not take 30 Days to get through these Throw-Downs. Maybe you won't complete all 30 Ways. But we challenge you this next month to take a Throw-Down each day to step up to. It's not always about succeeding or failing, winning or losing. Sometimes it's simply about stepping up to the plate and taking a swing.

We're confident as you take determined steps to continue growing as a man you'll give fear a swift kick to the face and come out taller and stronger.