

BROS

BROTHERS REACHING OUT
IN SOLIDARITY



UNF*CKED AND

ALIVE!

INSTRUCTION MANUAL

A 12-STEP LIFE COACHING & MENTORSHIP PROGRAM FOR GUYS
TO SORT THEIR SHIT OUT, BUILD COURAGE AND RESILIENCE
AND START LIVING LIFE TO THE FULLEST.

DR SIMON YAM PhD

This e-MANual maps
12 no-bullshit steps for YOU - and all blokes
around the world - to break free from your
cycle of self-destructive behaviour, clear the
clutter in your mind and life, reaffirm your life
values and goals, and map the best ways
forward to start living in the moment, thriving
on your journey and taking charge of your life.
It is time, to set yourself free and be the **best
human being, and man** you can be.
BE UNFUCKED AND BE ALIVE!

Every step is presented as a question-based
checklist with some key points of reflection.
Go through them and answer them as
HONESTLY as you can. There is no point lying
to yourself, or trying to sugar-coat it.
If you are truly ready to give life a go,
own up and take responsibility for your life,
NOW IS THE TIME!

This workbook is best used in conjunction with the life coaching and
mentoring program. If you have any questions or need some support,
please don't hesitate to contact me at simon@liamcoachmentor.com.au.

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GET YOUR SHIT TOGETHER, BRO!

Get Your Shit Together is the first step to this process. It is about taking stock of where your head space is. It is crucial that you need to be ready and be willing to change, to take that first step, and to be honest enough to put your hand up and say, “Let's Do This!”. We will also look at what your core values are as a bloke, and as a person, and we know this stems from various influencers in your life that may define you. It is also timely to re-evaluate your goals and dreams, and this is important because it gives you both purpose and direction – a call to action in a way.

We will next work on identifying the shit in our lives that we need to sort out, and to get rid of them. This may not be easy, especially when it the process of self-reflection and cleansing may include an attitude change in language that is so deeply embedded in the way we think, communicate and express our position. Components of this includes procrastination, negative thinking, fear-based and regretful perspectives (such as using *could have*, *would have*, *should have*, *maybes*, *what if's* and *wait and see's*).

STEP 1

So, what is my mindset?

- ☐ Am I really ready for change in my life?
- ☐ Do I know what and why I want to change? Is it my career, relationship, lifestyle?
- ☐ Am I prepared for the consequences that come with change?
- ☐ Am I able to accept the setbacks, fears, trials and errors, rejections, disappointments, tough conversations, etc., that at first may accompany what I want to change?
- ☐ How strong is my drive to change?
- ☐ Am I willing to allow myself to go through this process?
- ☐ Do I have the focus to actually turn my "readiness" into action?
- ☐ Am I truly looking forward to a better and happier life?
- ☐ Am I willing to do whatever it takes to get there?
- ☐ Am I willing to start taking charge of my life?
- ☐ Am I willing to accept all responsibilities that come with this?
- ☐ Am I willing to be accountable for all my future actions and decisions, good or not so good?

**WHAT
WHY
WHERE
WHEN
HOW
WHO**



Now write down below Bro, in your own handwriting, **"I AM WILLING AND I AM COMMITTED"** and sign your name and date it under the statement. This is your personal commitment to yourself, that you will hold on to this mindset to propel you towards achieving full control of your life and living your absolute best that is true to who you are. Write it with conviction, and a total believe in yourself, because I believe in you.

Signed: _____

Dated: _____

If you are hesitating with ANY of the above questions, please be honest with yourself. Give some time, take a break, and reflect on that question, till you are able to tick the box and agree you are going to do it. It is pointless to lie to yourself and move on to the next step if you are not sure because this forms the very foundation from which it will decide if you succeed with this process.

Be honest, be brutal, be real.



STEP 2

So, who the fuck am I?

Now Bros, values are a part of us. They highlight what we stand for. They can represent our unique, individual essence. Values guide our behaviour, providing us with a personal code of conduct. When we honour our personal core values consistently, we experience fulfilment. When we don't, we are incongruent and are more likely to escape into bad habits and regress into childish behaviour to uplift ourselves. *Examples of personal core values include happiness, health, family, security, integrity and courage, to name a few. You can easily Google to find lists of examples if you need inspiration.* **WARNING: Don't lie to yourself. Don't choose values just because they make you "look good". Values are inherently tied to our upbringing, experiences and the way we perceive and understand the world, and how we respond to them with honesty - a sense of what is 'right' and 'ethical'. So don't bullshit yourself!**

Your dreams are aspirations and visions you have had since you were a young lad, bros. "I dream of becoming a scientist, or astronaut" you'd say. Dreams are important because they keep us excited, and retain the inner-child in us. Nothing to be embarrassed about. If we ever lose the capacity to dream big, we will start to lose our will to thrive. SO what are some your dreams? List them down. They can be as fantastical and out-there as possible. Think like the young boy you once were Bro.

Finally, your goals. You would have set goals before, at work, on New Year's Eve, when your wife asks you when you will finish the half-completed project sitting in the shed. But realise most of the time, these goals are not realistic, or you struggle completing them, unless they are SMART - specific, measurable, achievable, resourceful and timely. Most business goals are defined this way, so why not our personal goals? So when you list your goals, make sure you write them down with these factors in mind. (E.g. *I want to get rid of my bloody gut and lose 15kg in 3 months by March 31 2018, with the help of a fitness instructor training 3 times a week for an hour each, and walking everyday for an hour.*)

MY VALUES

Top Three

1

2

3

Others up to 5

4

5

MY DREAMS

Top Three

1

2

3

MY (BIG) GOALS

Top Three

1

2

3

If you need more space, use a separate piece of paper, write them down, and stick it somewhere you can see everyday as a reminder of WHO THE FUCK YOU TRULY ARE, because this is what makes you YOU!

Be honest, be brutal, be real.





Be honest. Be accountable.

**INTEGRITY IS
TELLING MYSELF THE TRUTH,
AND HONESTY IS
TELLING THE TRUTH
TO OTHER PEOPLE.**

STEP 3

So, what's my shit?

Answer the following questions as honestly as you can. If you say YES to any of the questions, you've got shit in your life Bro. TIME TO CLEAN IT OFF.

MESS

- ☐ Do I physically have a lot of clutter around me? Is my house perpetually in a mess?
- ☐ Do I enjoy the mess around me? Does it bother me?
- ☐ Am I a hoarder? Am I reluctant to let go of shit? (Revisit Step 1!)
- ☐ Am I clueless as to whether these things actually serve a purpose, or have any value IN MY LIFE? Are they congruent with my values and goals in life? (Revisit Step 2!)
- ☐ Do I often find myself irritated and frustrated because of all the crap around me?
- ☐ Do I rely on others to sort my mess out?
- ☐ Am I holding on to things that are sentimental, or hand-me-downs, or from my ex, or just old, useless broken junk, well basically CRAP?

DIET AND HEALTH

- ☐ How is my health? Am I fit and healthy?
- ☐ Am I eating shit stuff, like lots of fried stuff, junk food, fast food, chips, sweets, fizzy drinks, booze, booze and more booze?
- ☐ Am I not happy with my weight? My gut? My 'dad bod'?
- ☐ Do I want to have a healthier body? A fitter body so I can play with my kids without running out of breath? So I can play sports and go on long holidays without getting tired quickly?
- ☐ Am I taking illicit substances, and abusing my own body, health and mind?
- ☐ Do I smoke? Do I find this a filthy, smelly and disgusting habit?
- ☐ Do I have enough pride in myself to let go of this shit?

MY PAST

- ☐ Am I still held back emotionally by shit that happened in the past?
- ☐ Has someone victimised me in the past, and I can't get past it?
- ☐ Has a tragedy happened to me or to a loved one, and I am still feeling bitter and depressed about it?
- ☐ Do I still bear a grudge against someone?

TOXIC PEOPLE

- ☐ Do I have negative people in my life?
- ☐ Do I still hang out with them, and constantly wonder why I do that?
- ☐ Am I still hanging out with them because I feel the need to be wanted, or have the "fear of missing out"?
- ☐ Are people around me always bringing me down, trying to lead me down the bad path, or trying to discourage me from doing things that are positive for myself?
- ☐ Are there toxic mates and relatives in my life? Do I feel trapped?
- ☐ Do I experience bullying at work? Are there arseholes in the workplace that makes me feel like shit all the time?

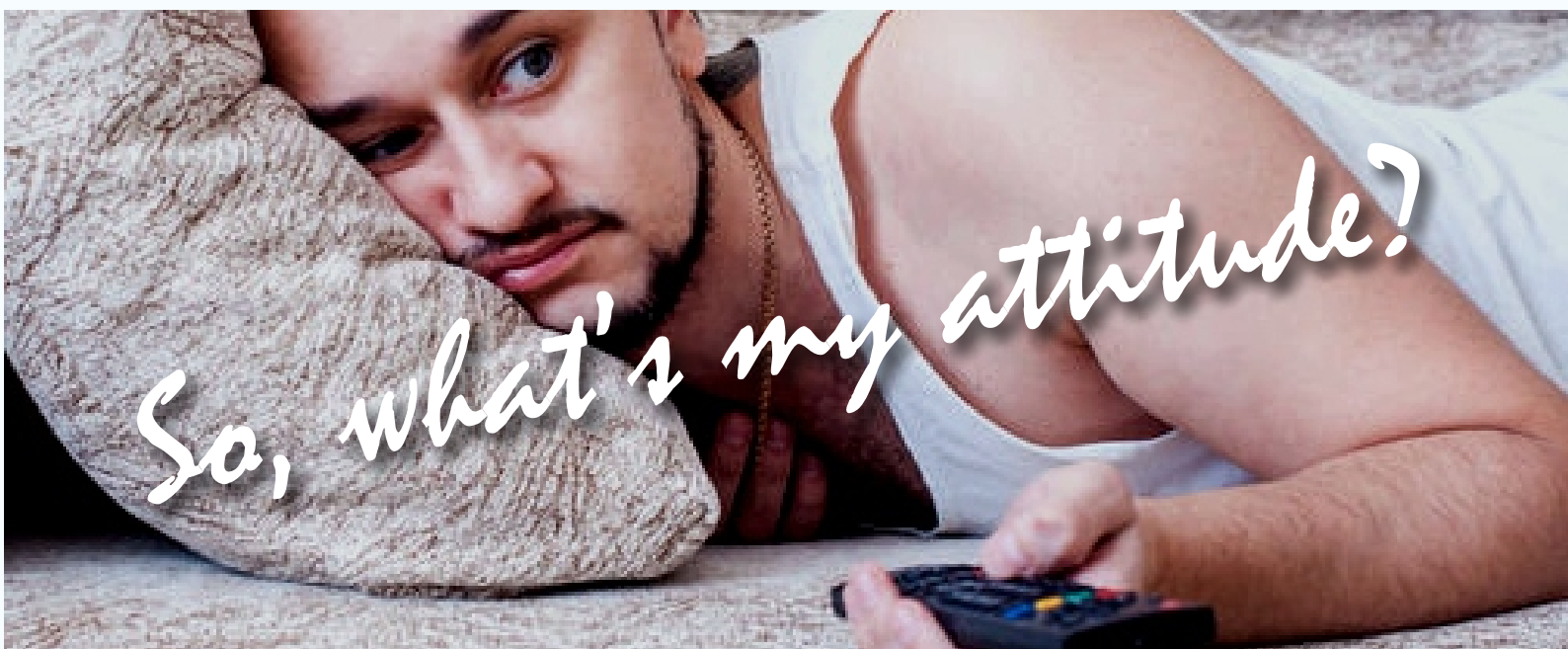
Be honest, be brutal, be real.



STEP 4

Answer the following questions as honestly as you can. They will get you reflect on your attitude towards your experiences, people and situations in life. Either you are a non-doer, which can be an attitude problem if you wanna move forward positively, or you are a control freak, which is also an attitude problem because you struggle letting go. Let's see how you go with these Bro!

- ☐ Do I find myself using “would have”, “could have” and “should have” all the time? Why do I do that? What does it mean? Is there a sense of regret, or wishing things were different, or self-blame?
- ☐ Do I use the word “maybe” a lot? Am I uncertain or just cautious, or overly cautious?
- ☐ Do I use the words “what if” a lot? Am I afraid of something or am I just risk managing? Am I being over paranoid?
- ☐ Do I say “let's wait and see”, “we'll see” or “let's see how it goes” all the time? Am I clear about what I am actually waiting for, how long for, and what am I hoping to see, really? Or am I just procrastinating, and hoping that whatever it is will just go away, or be forgotten?
- ☐ Do I find myself whingeing about things all the time? About how people behave, about your workload, about life, about your health, about the world, about politics, well just about everything?
- ☐ Do you think you are lazy? (Check in with Step 3: Sorting Out Shit, particularly mess!)
- ☐ How often do you say to yourself, “What's the point?”
- ☐ Do you rarely take any action after a whinge or complaint?
- ☐ Do you wait for someone else to sort out the problem?
- ☐ Now for something slightly left field Bro. Do you find yourself wanting to solve every problem out there?
- ☐ Do you feel that others are never quite as capable of you, and therefore are unable to get anything done well, or to your standard?
- ☐ Do you have a tendency to ‘take over’ a situation without consulting with everyone?
- ☐ Do you think you can be a perfectionist? How so?



Be honest, be brutal, be real.



BRO, SOFTEN THE FUCK UP!

The next step is to *Soften The Fuck Up*. This can be the most difficult part of the “Unfucking” process for many blokes. It is focused on addressing the reverse engineering of masculinity, allowing you to develop the skills in acknowledging your fears, inhibitions, emotions and stoicism, to remove the hardened exterior which has prevented you from really dealing with their true self. This is the second step to freedom.

We also look at your support system. As men, we often feel, or are conditioned to believe that we do not need a support system. It is crucial for you to recognise and validate what you have as resources, who are standing by you, and what areas do you need greater support in, and how to get there. Burying your head in the sand and ignoring our challenges is not going to get you anywhere.



**PAIN MAKES YOU STRONGER. TEARS MAKE YOU BRAVER.
HEARTBREAK MAKES YOU WISER.
SO THANK THE FUCKING PAST FOR A BETTER FUTURE.**

STEP 5

What do I have?



This is an important step to start gathering all the positives in your life, Bro. Even in the lowest moments, we have to find the patience and assurance to look around and see where our strengths are, and what resources we have. List them below, and consider why they are considered strengths or support?

MY PERSONAL STRENGTHS

What have I achieved in my personal life?

What have I achieved in my professional life?

What are my strengths as a person? What do I think, and what do others say?

MY SUPPORT NETWORK

How do they support me?

- | | |
|--|-------|
| <input type="checkbox"/> wife | _____ |
| <input type="checkbox"/> husband | _____ |
| <input type="checkbox"/> partner | _____ |
| <input type="checkbox"/> children | _____ |
| <input type="checkbox"/> dad | _____ |
| <input type="checkbox"/> mum | _____ |
| <input type="checkbox"/> other relatives | _____ |
| <input type="checkbox"/> ex partners | _____ |

- | | |
|--|-------|
| <input type="checkbox"/> colleagues | _____ |
| <input type="checkbox"/> best buddy/mate | _____ |
| <input type="checkbox"/> social groups | _____ |
| <input type="checkbox"/> sports groups | _____ |
| <input type="checkbox"/> social media | _____ |
| groups | _____ |
| <input type="checkbox"/> church | _____ |
| other religious | _____ |
| institutions | _____ |
| <input type="checkbox"/> others | _____ |

How do they support me?

OTHER RESOURCES

- | |
|--|
| <input type="checkbox"/> Do I currently own a home? |
| <input type="checkbox"/> Do I currently own a car? |
| <input type="checkbox"/> Do I have a stable job? |
| <input type="checkbox"/> Do I have a job that I love? |
| <input type="checkbox"/> Am I able to provide for the family financially, and with food? |
| <input type="checkbox"/> Am I able to pay for essential bills? |
| <input type="checkbox"/> Do I have access to information for support online? |
| <input type="checkbox"/> Am I familiar with some of the support organisations available? |
| <input type="checkbox"/> Do I currently have a GP whom I go to? |
| <input type="checkbox"/> Do I have access to social benefits or other government support services? |
| <input type="checkbox"/> Do I have good health and state of mind? |

“Never discount what you have in life. It is the first step to learning gratitude.”

You may not say YES to everything above, but a handful of 'yes's is a great start, because it allows you the opportunity to recognise what you do have, so you can work with this support network to move forward!

Be honest, be brutal, be real.



STEP 6

What do I need?

Now, Bro, it is time to list the things that you don't have, or would like to consolidate so you have more resources to help you on the way to a better and more positive life. The difference between 'need' and 'want' is straightforward: Need is something you have to have (because it is necessary for survival or success); whilst 'want' is something you would like to have (but it is not necessary). Write down a list for both, and see which list to lean towards more, and why. Also, address the following trigger considerations, e.g. how do they align with your values, and how will having this help you reach your goals?

What do I want?

WHAT I NEED

My Need

Aligned with
this value

Will help me achieve
this Goal

WHAT I WANT

My Want

Aligned with
this value

Will help me achieve
this Goal

Be honest, be brutal, be real.





Set yourself free Bro.

FUCK WHAT'S PASSED.

LET GO.

**APPRECIATE WHAT REMAINS,
AND BE EXCITED ABOUT
WHAT'S COMING NEXT.**

STEP 7

We are more than half-way there Bro! I know it has been pretty intense going through the first 6 STEPS to taking charge of your life, but there is no greater satisfaction to reach your end goal than to put in the hard work. This next step - WHAT ARE MY BARRIERS - may not be easy for you, but I promise, if you address each question in the checklist systematically and honestly, we will get there!

UNCERTAINTIES IN LIFE

- ☐ Uncertainties in life freaks the hell out of me. I prefer stability and consistency.
- ☐ I get angry and frustrated when things don't go according to plan.
- ☐ I tend to over-focus on having proper schedules and plans when it come to getting things done because I don't like the inconvenience of having to adapt, or 'free fall'.
- ☐ I feel very out of control when sudden tragedies happen, like health scares or deaths, or disasters.
- ☐ I hate changes. Why can't things just go accordingly as discussed?
- ☐ If something is not broken, why fix it?
- ☐ I didn't ask for this to change, so I'm not gonna bother.

CHOICES

- ☐ I don't think I have any choices in life. Everything is connected to something else.
- ☐ I feel trapped sometimes. There seems to be no way out.
- ☐ Of course there are choices, but they all come with consequences I am not prepared for.
- ☐ Choices are just a cop out. We must stick to what we have and work through it.

LETTING GO and DEALING WITH FEAR

- ☐ I can't let go of the past. So much has happened to me, I still feel victimised and betrayed.
- ☐ I don't want to let go because they are the only emotions I know.
- ☐ Fuck the past, I am doomed anyway.
- ☐ There is still a lot of unresolved issues I need to address. One day, I will get to them...
- ☐ I am constantly worried and stressed about the future.
- ☐ I always feel like nothing is gonna work out, like the world is out to 'get me'.
- ☐ I can never feel like I will ever win at anything. Everything is too difficult, and I don't think I am ever good enough to achieve what I want.
- ☐ Everything and everyone is always working against me. That's the way it is, I just got to 'put up with it'.

If you said 'yes' to any of the statements above, it means there is some form of barrier in your thinking that is limiting your ability to think openly, and to free yourself positively. Try and see if you can shift these thought patterns by changing the tone and attitude in each statement.



Be honest, be brutal, be real.



STEP 8

So, how am I feeling?

OK Bros, we have now come to the 'touchy-feely' bit - your emotions. Our emotional state often dictates how we behave, and as you know, men and women may handle emotions in quite different ways. Blokes tend to hide our emotions and withdraw, or manifest them in more aggressive or abusive ways. Guys often feel that they need to be self-reliant and provide for their loved ones, so it is not appropriate to express their emotions. This behaviour can be reinforced in the stereotype of the heroic male, so often represented in popular culture. Fearless, resourceful, stoic and usually facing adversity alone, these characters tell us a lot about what is considered to be 'manly'.


With the 4 primary emotions: **anger, happiness, sadness and fear** - fear and sadness are generally not as accepted for men, and us blokes might try to hide these from themselves and those around them. They feel that they should be able to cope on their own. It is so important that we do not regress into negative behavioural traits because we fear repercussions from others, for appearing to be weak, emotional, and even 'unmanly'. Ask yourself the following questions, particularly focused on anger and sadness (including depressive episodes), and assess if you do tend to suppress your emotions.

ANGER

- ☐ When you are pissed off or upset do you:
 - ☐ withdraw from family and friends?
 - ☐ work longer hours?
 - ☐ spend more time away from home?
 - ☐ consume more alcohol?
 - ☐ behave recklessly and/or violently?
- ☐ Do you sometimes have trouble controlling your temper?
- ☐ Have you ever become angry and regretted it later?
- ☐ Have you ever lost control of your anger to the point where you became violent or abusive?
- ☐ Do you get into road rage often?
- ☐ Do you get impatient and angry easily?
- ☐ Has anyone ever commented on your anger?

SADNESS AND DEPRESSION

- ☐ Have you ever felt extremely moody, including:
 - ☐ feeling sad, moody or irritable?
 - ☐ feeling hopeless or helpless?
 - ☐ feeling numb or empty?
 - ☐ feeling guilty and blaming yourself?
 - ☐ unable to feel good or enjoy things that you normally do?
- ☐ Are you often being overly self-critical?
- ☐ Do you believe you can't cope and that things are out of your control?
- ☐ Have you ever considered thoughts of suicide or self-harm?
- ☐ Do you suffer from lack of motivation and energy all the time?
- ☐ Do you cry a lot on your own?
- ☐ Have you lost interest in activities you usually enjoy, including sex?
- ☐ Are you withdrawing from your friends and family or being more dependent on them?
- ☐ Have you increased use of alcohol or other drugs?

 If this STEP has opened up certain feelings particularly around depression and anxiety, please access help and support as soon as possible. Remember Bro, there is no shame in feeling down, and reaching out for help. You can also message me at BROS if you need to talk.

Be honest, be brutal, be real.



GIVE A FUCK, BRO!

Give a Fuck is an antithesis to many of the self-help books that have been recently written about not giving a fuck. It is about reconnecting with the inner bloke in you, what truly matters, speaking up, and actually giving a fuck about your own life.

How do we do this? What can we do to show we do Give a Fuck? How can we practise mindfulness, and learn to awaken our senses so we can start discovering the joy of living in the moment, you know, seize the day? What areas of our health so we need to start paying attention to? When was the last time you went to see your GP for a general checkup? Your body is your temple from which your soul, your spirit, you 'being' (whatever you wanna call it) exist. If anything, your mind lives in it, and your heart beats from it. It sustains life. So if you wanna live a good and fulfilling life, you only have your body to make that happen.

Where can we access support? How can we build our resilience and courage? This is about finding the deepest honesty within yourself to start thriving on your own journey in the most positive and focused way, in order to grow as a man.



feel the sun on your face Bro.



STEP 9

How do I Live in the Moment?

Being fully present in all aspects of our lives - emotional, physical, and mental - is an important way to live Bro. It involves the self-control necessary to focus and engage body and soul with the world, while avoiding being distracted from what really matters. It requires the bravery to face the world head on-to open oneself up to both unmitigated pain and undiluted joy. The easier path is to pursue every shiny thing that crosses our way or to numb ourselves and sleepwalk through life. But the easy path is not always the wisest path.

Go through the following checklist honestly as always. They will allow you to reflect on how mindful and present you are with the moment. If your answers are mostly 'no's, perhaps it is time to give them a go.

Being Fully Emotionally Present

- ☐ Are you able to recognise and honour your feelings?
- ☐ Are you able to experience them fully without getting uncomfortable?
- ☐ Do you actually feel depressed because you keep your feelings inside you, and end up engaging in passive-aggressive behaviour, or an eventual emotional blow-up?
- ☐ Are you able to direct the energy from your emotions into constructive action?
- ☐ Are you emotionally present with your partner, which means you are able to express what you feel to your partner, whether it be love or disappointment?
- ☐ Are you willing to allow yourself to be vulnerable because you are emotionally present with your partner, including articulating what your feelings are?
- ☐ Being emotionally present in a relationship also entails being comfortable and present in your partner's emotions. Are you able to remain steadfast and connected while your partner expresses their emotions to you, supporting and anchoring them during their difficult times?

Being Fully Physically Present

- ☐ Do you feel alive every single day? Are all your senses working 24 hours a day?
- ☐ Do you feel the need to, or do you try to numb yourself, your emotions, your feelings, your thoughts, your body, with drugs, alcohol and cigarettes, particularly at social events?
- ☐ Do you think you sometimes miss out on the pleasures of company and conversation because you are too busy getting tanked?
- ☐ While eating, do you wolf down your food like a bloody lion without savouring the textures and flavours?
- ☐ Do you have a tendency to eat in front of the television, or the computer?
- ☐ Are you guilty of spending hours staring at your mobile instead of fully immersing yourself in the enjoyment of your partner's body and the beauty of intimacy?
- ☐ When was the last time you felt the power of your body, experienced it as an amazing tool?
- ☐ When was the last time you took note of the air filling your lungs, felt the strength in your muscles as they contracted, the blood surging through your veins, the sweat dripping from your brow? When was the last time you felt fully present in your body?
- ☐ Have you ever chatted with a mate only to have them call you out for not really listening at all?
- ☐ Do you find yourself daydreaming half the time?

Technology and Presence

- ☐ Are you guilty of staring at your phones, surfing the web, text one friend while conversing with another, keep the television on while eating dinner with the family?
- ☐ Do you rely heavily on social media to remain engaged and connected with others?

Be honest, be brutal, be real.



STEP 10

How's my health?



If you're like many men, you understand the importance of regularly maintaining your car, or jobs around the house like cleaning out the gutters, replace batteries in smoke alarms, mowing the lawn and service the air-conditioning. So while you're ticking off your maintenance lists, why not pay a visit to your health practitioner? Taking care of yourself should be one of your highest priorities, and part of taking care of yourself is knowing when and what health checks to have. Don't wait for symptoms, Bro. Sort your shit out as we discussed in Step 3 and get checked now!

Go through the list to see which applies to you Bro. If you are not sure, consult your GP. TAKE ACTION!

- ☐ **Annual wellness exam:** These visits focus on preventive care and may include vaccinations, screenings to check for diseases, and education and counselling to help you make informed health decisions.
- ☐ **Bone mineral density test:** Men 70 years old and older should have the test at least once. Men aged 50 to 69 who have risk factors or men who have broken a bone after age 50 should also have the test.
- ☐ **Colonoscopy:** Men at average risk for developing colorectal cancer should have a colonoscopy at age 50 and then every 10 years. Men with inflammatory bowel disease or a family history of colorectal cancer may need to start screening earlier than age 50 or have screenings more often.
- ☐ **Blood glucose test:** Screening usually starts at age 45 and is normally done every 3 years. Screenings may begin earlier or be done more frequently if you are at risk for diabetes.
- ☐ **Eyes:** At age 40, all adults with no signs or risk factors for eye disease should receive a baseline comprehensive eye evaluation. But see an ophthalmologist before age 40 if you have a preexisting eye disease, a family history of eye disease.
- ☐ **Ears:** Talk with your healthcare provider about a hearing test if you are having any issues with your hearing.
- ☐ **Dental:** Men should have a dental exam and cleaning every 6 to 12 months unless recommended otherwise.
- ☐ **Blood pressure:** Men should have their blood pressure checked once every 2 years beginning at age 20. If your blood pressure is higher than normal (120/80), your healthcare provider may check it more often.
- ☐ **Cholesterol:** Most men should have their cholesterol checked every 4 to 6 years beginning at age 20. If your GP thinks you may have an increased risk of heart disease or stroke, he or she may check it more often.
- ☐ **Abdominal aortic aneurysm:** A one-time screening is recommended for men 65 to 75 years of age with a history of smoking.
- ☐ **Vaccinations:** Men 50 years of age and older should get vaccinated to prevent shingles. Men over 65 should be vaccinated against pneumonia. Men 21 and younger should be vaccinated against the human papillomavirus virus (HPV).
- ☐ **Depression:** Talk with your GP if you feel sad, down, or hopeless. They can provide a referral to seek professional help.
- ☐ **Prostate Cancer:** Men 50 years and older should talk about screening for prostate cancer with their GP.
- ☐ **Sexually transmissible infections (STIs):** HIV, syphilis, chlamydia, and gonorrhea tests. All men (straight, bi or gay) between the ages of 15 and 65 should be screened regularly, and more often if you have multiple sexual partners or have had unprotected sex. Talk with your GP Bro.
- ☐ **Sexual problems:** Talk with your GP about any issues you may have with erectile dysfunction, less or no interest in sex, or problems with ejaculation.
- ☐ **Infertility:** If you think you may be infertile, talk with your GP. Fertility tests and treatments that may help are available.
- ☐ **Skin:** Talk with your GP if you notice any skin changes or unusual moles, or if you have a family history of skin cancer. Protect your skin from the sun's ultraviolet rays by putting on sunscreen and wearing sunglasses, a hat, and long-sleeved clothing.

Be honest, be brutal, be real.



STEP 11

Who are in my Support System?

Bro, being able to identify who is in your support system is crucial for your success in life. No man is an island. We all find our strength, courage and resilience from energies around us. This includes the people in our lives.

At this point, you would have completed STEP 3 which allowed you the opportunity to assess who the toxic people in your life to get rid of, and STEP 5, *What Do I Have*, where you have considered people around you that matters. Now, I want you to list those people you have identified, PLUS the details of all other key people who you can turn to for decision-making, advice and support when needed. Keep reviewing this list as nothing ever remains constant in life.

FAMILY/RELATIVES

MATES

PROFESSIONALS

Contact Details

My General Practitioner

My Dentist

My Optometrist

My Fitness Instructor

My Lawyer

My Financial Advisor

My Life Coach/Mentor

Other(s)

Be honest, be brutal, be real.



UNFUCKED, & ALIVE, BRO!

Our final section here is focused on infinite empowerment and sustaining the skills which you have developed, and how to maintain consistency through action, motivation and inspiration. It is about truly finding the freedom to be the man you are meant to be, and to take charge of your life.

It is so important to remain consistent with the way you live your life. As mentioned, change, apart from death, is the one constant in our lives, so why fight it? The moment you develop the innate ability to live in the moment, be in tune with mindfulness and all the senses of experiences and people around you, changes that come along the way will be easier to manage because you already totally connected with your existence, with your values, and with your goals.

Gratitude is also key to your reflective process moving forward. Reflection is not about remembering, or thinking about something that has happened. It is more than that. It is about truly exploring the experience you have had, consider why it was significant (or not significant) for you, how you felt, why you felt the way you did, what the lessons are. Never indulge in the “could have, would have and should have” in this process because they are of no value to you. Grab the lesson learnt, leave the experience behind, and go create new ones with the learnings in mind. This way, you will start to treasure the infinite choices and opportunities that lie before you.

Never forget your Dreams.



I am Supercharged! STEP 12

CONGRATULATIONS BRO! You have made it to the final step! It has indeed been a journey, and you have done well answering all those questions, reflecting deeply, being honest with yourself, and having much more clarity around where you are at this point in your life. You now have an idea of what needs to be done in order for you to start thriving on your journey and lead the best life you can with courage, resilience and positivity! However, the road does not end here. Every day brings on new changes and challenges, so it is crucial that you revisit the steps to reiterate your mind-set, your focus, your goals, your attitude, responsibilities and priorities, and your support network.

Remember, this MANual is a guide only, and enables you to consider key areas of your life. **If you need someone to support you along the way, to hold you accountable, and you encourage you on your life journey, consider having a life coach and a mentor in your life.** That's what I do, and together, we can ensure that you keep on top of your goals, remain consistent and congruent with your life values, and seize each day with both hands without the bullshit that used to hold you down.

In the meantime, I will leave you with a few final points to guide you on the path to keeping a life that is unfucked, alive and free, and be the best human being, and man, that you can ever be.

Power of Reflections

Write a Journal Bro, or keep a diary. Write down the key lesson learnt for the day. Take a snapshot of a moment and treasure it. Reflections validate our experiences, and put us on a positive path to growth.



Embrace Uncertainty

Bro, don't be fearful. Be brave in the face of uncertainty. It is the only constant in life, apart from death. Uncertainties allow us to discover our resilience and courage to be the best man we can be.



Power of Choices

You always have choices Bro. Every minute brings infinite choices of what you can do and achieve. Just take action. Life is very short. Love the choices, and the experiences they bring into your life.



Always be Grateful

Always, be thankful for everything is that good around you Bro. It is with a gracious and grateful heart that we become more emotionally connected with our true selves without fear of rejection or judgement.



BE RELENTLESS. BE ACCEPTING OF EVERYTHING THAT COMES YOUR WAY.
MOST IMPORTANTLY, **BE YOU.**

Be honest, be brutal, be real.





About Simon

I have a specific interest in men's health and wellbeing, with 12 years of experience working with men with chronic health diseases, mental health and social displacement. In 2017, as the CEO for Men's Health and Wellbeing WA, I successfully tabled Western Australia's first Men's Health and Wellbeing Policy, because there is so much work that needs to be done for men's health issues across governments, providers, professionals and community.

I have mentored and coached people from a wide cross-section of demographics and diversities. I have worked with students (particularly those from multicultural backgrounds), business owners, professionals, employees, FIFO workers, your everyday dads, and aspiring performers and designers. They just want one thing - clarity and validation in what they want to achieve in their lives, identify and overcome road blocks, figuring out how to get there, and to get there successfully (and to enjoy the journey!)

I have a personal lived experience and narrative which allow me to truly understand the inherent struggles many blokes go through in life. I have been through what many bros are going through. My personal life and its challenges is no different to anyone else's. We all have our own happy moments, and not so happy moments. I have had my rough couple of years, to the point of giving up on life. I felt like a total failure inside despite my achievements, and was feeling helpless, hopeless, worthless, resentful and very, very tired.

However, it took a tragic death – a suicide from a young bloke – to trigger the will to live, and to live the best life I have been given. I have learnt valuable life lessons along the way. I believe there is a reason why we experience these tumultuous chapters in our lives, and for me, these narratives add to my greater understanding of, and confidence in how I can help others.

My story is about survival – finding the courage and resilience to weather the darkest storms, and to reframe my reality to keep living life positively. It is about letting go of inhibitions, society expectations and barriers for men to speak up, to talk about our emotions, fears and insecurities, and to embrace our needs and desires as individuals on life's journey.

You can contact me via email: simon@liamcoachmentor.com.au