



## Man on Purpose – Session 1 Transcript

### “Mapping Your Life as a Man”

[0:00:00]

Chris: Hello, men. And welcome to the Man on Purpose Course, first session. It is great to have you here. Chris Kyle here. And also with me is the Program Manager for the Man on Purpose Course, Michael Russer. Hello, Michael.

Michael: Hi, Chris. I just have to say, I'm looking at all these men that have joined us here just for this session. And I'm a bit in awe. I'm very excited but I'm feeling very reverent about what's about to happen. So I'm excited to be here. Thanks for including me.

Chris: Thank you, Michael. Welcome again, men. I do want to say that I am also super excited that we have an international group of men for this year's course. Usually every year I have men from 15 to 20 different countries. So I just want to tell you a bit about who's in the room. A little bit later you're going to meet each other through the power of MaestroConference and doing breakouts but right now I'm just going to tell you that we have men from Australia, Argentina, Belgium, Canada, Columbia, Finland, France, Slovakia, South Africa, Switzerland, the UK and the United States. So awesome, men. Thank you so much for being here wherever you are in the world. It is great to have you here.

What I'm going to do here on our MaestroConference is I'm going to actually, just for a few seconds, I'm going to mike you all, I'm going to make all your mikes live. You're going to hear each other. And just a few seconds just everybody go hi, hey, how's it going, whatever. And then I'll mute you again. It's kind of fun to hear everybody's voices. So here we go. I'm putting you on public mic. Say hi to each other.

All right, thank you, men. Beautiful. It's nice to just hear all your voices. I'm really excited to be getting underway with the course today. So I would like to start with just a couple of simple tech tips. We'll talk more about all of the technology around the course but the two quick tech tips are one is that we are in our MaestroConference platform which is highly interactive and we can do a lot of cool stuff with it like polling,

raising your hands, doing breakout groups, all that. We also have the social webinar version of MaestroConference going.

So in your email, some of you I can see on my screen here, in your email there's a little link below your phone number and your PIN that's unique to you because I can see all of your names here. In fact, I'll just kind of rattle some off. We have Ian here and Tom and Keith and Carrie, Karl, Jack, Ed, Andrew, William, Michael, Paul, on and on and on. If you go back to the email reminders, there is a link there where you can access a page on your computer screen that gives you a chat area. It'll show you who's your breakout group when you go into a breakout group.

And it's basically just a little bit of an interface so that you can communicate with people, either with me as a course leader or with each other. You can do that now if you want. No big deal. Today's call, we're not going to be using too much of that and you really don't need to have that for us to have a good experience on Maestro which is mostly audio-based. So those are the tech tips.

And in the course website, a couple of quick things. If you haven't yet signed in, look for one of a couple of emails over the last couple of days that gives you the link to go register for the course website. So if you haven't done that yet, go in there and also introduce yourself. So that's the first step so we can see who are all here and where you're from and why you've decided to take the course. So that's basically your first task when you go into the course website.

And then also just check the emails that I've sent, and also look to sign up for your Passion Test Session. That's a live facilitated session. We really want as many of the men in the course to go through that in the first week to two weeks max of the course so that you can have that experience of really connecting more deeply to your passion, prioritizing them and then using that as good food for the course.

So those are the three things. Again, MaestroConference which you're all here obviously, the course website -- probably most of you have done that -- and then sign up for your Passion Test Session.

Awesome. We're going to do a couple of things here today that'll be unique to this first session. So just to give you a little bit of lay of the land, I'm going to do some work of setting our container, creating a powerful container of men to do this purpose work together. So we're going to do some container setting which will only happen in the first session.

From there, we're going to go into a quick breakout where you're going to be partnered up with another man and share your intention for the course. Essentially it could be either what you want to get out of the course or your intention for the course. They're kind of the same thing, really. So be thinking about that. That'll happen a little bit after the container building.

**[0:05:10]**

And then I'm going to set the context and the teaching for this session or the context for the course overall and then the context and the teaching for today mapping your life as a man. So it's a full session. We normally would have about 60 minutes of interactive teaching and then about 30 minutes of Q&A on each session. But today, we may have a little bit less time for Q&A but I certainly will make time for it. And you may have a number of questions about either today's content or about technology, whatever. But generally the first session is kind of light on questions. So we're going to use some of that for the teaching.

And we'll wrap up with the practice for this coming week, what you're going to do there, and then the reflection question and then our ending ritual of sharing a poem which I love poetry and I love the power of poetry. So I've got a great poem to share with you today.

So thank you, men, for all being here. For those of you in the US, I really appreciate you being on the call even though it's game 6 of the World Series. You will still be able to catch the end of the game, I'm sure. So it's great to have you here instead of listening to the game.

All right. So here we go. We are going to dive in to our first poll using MaestroConference. So we're going to do an interactive poll. And the way you respond to my questions that I'm going to ask you is you use either your phone keypad or if you're using the web phone, I think there is like a little keypad there. I think it's up on the screen. But if you're on your regular phone or cell phone you can just use the keypad of the phone to hit 1, 2, 3, 4, 5.

And I will tell you this that anytime you have some technical difficulty while you're on the line -- usually it's in the breakout session -- just hit 5 on your phone keypad, 5. And that tells us that you have a technical issue or question. And right for this poll we're just going to use 1, 2 and 3. And I'd like you to answer this. You can answer it anytime as you hear it.

And our first poll is where are you on your purpose journey. Where are you on your purpose journey? And here are the three -- again, using your phone keypad. Hit 1 on your phone keypad if you really don't know your purpose meaning you're here to really find that out. You're not clear on it. Maybe you've done some work on it in the past but pretty much like I'm here to figure out my purpose.

Number two is you have a feeling for it. Maybe you've read a book or done some work with it. You kind of have a sense of this is where I want to give my gift. This is my purpose. Maybe I'm not fully clear on it but I know it enough but I'm not putting energy toward it meaning I'm procrastinating on it, I'm doing other things, I got clear on it last year and I'm doing nothing with it now. That's number two.

And number three -- I'm just going to use three -- is you're pretty clear on your purpose but want more support, ideas, tools to live it more fully. So that's 1, 2 and 3. So don't really know my purpose. I have a sense of it, feeling, but not putting any energy toward it, that's number two, and number three is I'm pretty clear on it but I need more support, tools, ideas and accountability.

So go ahead and just do that now. You may not be able to do it if you're on the web phone. I'm not sure how that shows up on your screen but go ahead and do that now. Let's see if we can get as many men hitting their phone keypad, 1, 2 or 3. Don't know, have a feeling but no energy, and then three is clear on it but need more ideas, support and accountability.

Awesome. They're rolling in. Keep doing it. There's a few more. Again, just your phone keypad 1. You don't have to do \*1 or anything. It's just 1, 2, 3. In fact \*1 won't show. It's not \*1 or #1. It's just 1, 2 and 3.

Awesome. Thank you, men. This is amazing. If I broadcast the poll it might show up in your social webinar window. Oh, my God. It's almost perfect here. There's still a bunch of people that haven't had a chance to do it. So 25% are 1, 25% are 2, 25% are 3 and the rest of the men for whatever reason haven't been able to hit the number on their keypad.

Amazing. Very, very evenly split. For me, that's really helpful, men. I just want you to know that by asking this upfront I already now have a sense of where you all are falling out in the course in terms of where you are in your purpose journey. Really helpful. Look, if it was 1 -- and literally 90% of you are 1 -- that would give me a lot of information in terms of how we unfold the rest of the content in the program but this is really helpful.

**[0:10:05]**

So there you go. So that's our first poll. We'll probably be doing at least one poll or one question every session just to kind of get you guys connected into what we're working on each week and also get a sense of where everybody else is at without it being too personal, the general polling. Awesome. That was great. So we have kind of an even split, if you will, of all three of those.

So what I'd like to do now, men, if it's all right with you, I'd like to move the energy right now to creating the container for our work over the next seven weeks. And so container building is really important part for me around any kind of circle, any kind of group coming together whether it's virtual like we are here or in person. It's so important to think about who's in the room building the container and creating, hopefully, a safe space to do some deep work.

So the place I'd like to start is essentially enrolling me, meaning that you are enrolling me by choosing to be here in this course taking your time, spending your money to be here with me. And so I want to acknowledge that you are indeed

spending your time, energy and resources to be here with us, with Michael and myself, the men in the ManKind Project USA, that you're here with all of us and that I'm here as the facilitator for the course, as the lead.

I take that seriously and I acknowledge the trust that you're placing in me to guide you over these seven weeks. So deep appreciation and I deeply appreciate that by you signing up for the course, putting your money down, that you are in fact enrolling me with that responsibility and authority to guide you over these seven weeks. So thank you for placing your trust in all of us, in me in particular, and our process over these seven weeks. So thank you. And so that's me, that's kind of me saying I get it, I recognize it and I take it very seriously and hold the responsibility.

And now to shift it to all of us, and that is the shared agreements and expectations in the course. These are also on the homepage in the course website but I'll say in here and then what I'm going to ask you to do actually is -- some of might not be able to do it but I just want to see most of you if you're able to respond by hitting 1 on your phone keypad but wait until I read these off and then if you agree to them I'll have you hit 1 on your phone keypad.

So here are the shared agreements for our time together in the course. And we call these the five core agreements. The first is confidentiality and respect. So what we share in here, what you read from other men, the information that you hear, any kind of sharing from the men in the course here is that you hold that in confidence and that you don't share another man's experience outside of this container without that man's expressed approval to do that, that he's expressly allowed you to share.

So it's an easy thing. It's basically what's said here stays here in our container and you don't share it out with other people. You can certainly always share your experience or maybe your experience relative to another man but not naming the man and not saying enough details that somebody might recognize who that man is. That's confidentiality and the respect is just respecting each other in this container.

Big part of that is confidentiality but another is being respectful in our interactions, respectful on the discussion forums, respectful on these calls that we do. And that's just honoring each other and honoring that we have our own journey and that you can respect the way somebody might be sharing something is that man's opinion or his own judgment or his way of seeing the world. And so we hold respect that everyone has their view and their perspective and their opinion. So that's respect. So that's actually kind of two but we kind of put it into one. So confidentiality and respect.

And then number two is tell the truth about your self. That's huge. And for many of you men who are in the ManKind Project or sit in men's groups, not all of you -- we kind of have a nice mix of men who are in the ManKind Project and men who are not. And so this is one that we -- at least men that sit in men's groups regularly get it that the key to our growth and to deeper connections and to learning more about ourselves is to tell the truth about ourselves.

And so there are going to be plenty of opportunities to tell the truth on yourself, just on you, telling your own truth to you but also telling your truth to others as well which will be, I'm sure, very inspiring as we share vulnerably with each other.

**[0:15:11]**

Last year's course, the sharings were amazing, men. Off the hook. There are a few men that are taking the course again this year -- they were here last year -- and some mentors that are here and they remember some of the sharings. Just amazing and overwhelm. So that's tell the truth about yourself.

Number three is be accountable for your actions. So be accountable. What that means in this course is to be on time for the calls, to get the work done, the homework done during the week. It's really not too much. We don't put much on you. We have very specific practices that we want you to do but it's not like dumping a load on you. And so do your best to be accountable to the course and to your experience.

And it's also accountable for your actions even inside the course and inside the forums if there's something that comes up that you can be accountable for whatever you said or your actions inside the course. That's pretty rare but there's some interaction that needs accountability inside the course between participants but it can happen. It's mostly your willingness to be accountable to the work of the course.

And number four is risk and stretch yourself, risk and stretch yourself. And what this really means is be open and curious. Try new things on. Try things on differently. Get into a place that's uncomfortable so that there's a possibility of new insight or breakthrough when you get uncomfortable. And this course may bring up some pieces especially in the week 3, 4 and 5. We really investigate the stories around the messages, the negative beliefs, the critique, the inner bully as I call it. We face those things and sometimes it's hard and we don't want to face it but I encourage you to take a risk and stretch yourself and be curious with what's coming up for you.

And then the fifth shared agreement is take care of yourself. So set your limits. Get help where you need it even inside the course or within the work. Take care of yourself in terms of the practices and what they bring up for you. And give yourself some good solo time. See if you can really invest more time in this course like making it a priority over the seven weeks so that in a way you're caring for yourself for you to get the most out of this course where it might have a little bit of impact on others in your life in terms of your time commitment to this. And then you'd need to negotiate that with family and friends and all that. I really encourage you to make this a priority for you, really care for you and for your purpose.

So what I'd like to do is if you're willing to support and live by those five core agreements, those shared agreements, just hit 1 on your phone keypad. Go ahead and do that now. All you have to do is hit 1. And I'm sure there are a few men that

aren't able to for whatever reason. That's fine. Go ahead and keep hitting 1 on your phone keypad and we'll see.

Beautiful. Thank you. Thank you, men. You're still kind of rolling in but it looks nearly all of you -- well over 90% now and some of the strugglers -- I'm sure that's fine. And these are also posted on the course homepage. So if you have any questions about it, we can bring that up in the Q&A and/or you can ask a question via our question box.

So that's sort of part 2 of building the container, sort of part 3 and then I have a part 4. And part 3 will be pretty quick. Here's what I want to offer you is that this next step is our promised outcomes for you. We built this course with a certain flow and structure. And we believe if you engage it fully, if you bring you're a student to the course, that you're likely to have very powerful outcomes. And so these are the outcomes that we wish for you or hope for you or want you to have. It's like our commitment to you. Here's the thing on your side is that you need to engage and do the work to make these outcomes possible.

So our promised outcomes for you: One, you will be clear or clearer on your purpose and where you choose to make a difference in the world and difference in your life. So that's really clarity of purpose. Again, many of you expressed that you're further down the purpose journey. So I would say there might be more clarity or new insight or new twist to your purpose. For those of you that are really not clear at all, don't know, by the end of this course you will have clarity, you'll have more clarity on your purpose.

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So number two is you have access to a new kind of power, a new kind of energy and confidence to bring this purpose into existence and to share your gifts and talents with the world and with others. In a way you'll be able to simply declare what is most passionate and purposeful for you. And within that is a kind of a new release of energy and authentic power that comes from this clarity around your purpose and what you want to share with the world. So that's a big piece. Also some of our tools and the practices and like our reframing process will help you also to unleash some more energy, some more power for you to put toward your purpose.

The next one, the third one is you'll begin to move your purpose into action in the world. Move your purpose into action in the world. And that's really about week 6 and 7 as you look to create your purpose project, outline that, understand that, get excited about that. And there are certainly lots of other little actions you can do but really having that one, single, cool, interesting, fairly easy to accomplish project will be how you truly begin to move your purpose into action in the world.

And then the fourth one is that you will have a direct experience of, hopefully, a new kind of support and resource for you to succeed. So there is a power in this large of a group coming together from all over the world to support each other around your

purpose. And for some of you, not all of you but some of you, you might find this new level of support and brotherhood around purpose to be really powerful. And you'll have a direct experience with that.

And for those of you that already have a lot of support or sit in a men's group, you'll have a new kind of extended community of purpose brothers but that you could also bring this back and the work you're doing here back into your men's circle, to your iGroup maybe in a new way, like new work to do in that group. So you may find a new kind of support in your own group.

Before we get to our breakout where you're going to share with each other, I'd like to finish this part of the container building with kind of introducing you on how to get the most out of the course, so over the seven weeks. What are my tips or ideas for you to get the most out of the course? So I'm going to share those with you as well.

Also in the website, in the program info page, we kind of did a deeper write up of how to get the most out of the course. This is somewhat of a summary of that, some different words but there are a lot of bullet points in there so you can just see our thinking around that. That's under the program info tab on the course website.

So here we go. So the first one -- you've already heard me say this up above -- is do the work. So I encourage you to engage the materials fully during each session and set aside -- it might be two hours a week, maybe two to three hours total each week to be both on the call and to do your practices and also to respond to the reflection question of that week. That's really all it's going to take.

And for some of you, if you really engage in it, maybe quicker than that as you go through the homework assignment, type out your response to the reflection question, it could be less than that. But that's what we experience is that men that really engage it full on are setting aside two to three hours each week and maybe more if you have more time available to go deeper with the practices and the exercises. So that's do the work.

Next is to engage with other men in the course. Now, this may seem obvious but the real power of the course is the discussion forum, also when we're in the Q&A time where there can be some dialogue and conversation among men in the course where they're kind of asking questions of each other and some have a response. So I'll be doing some facilitation in that way.

But one of the biggest ways in this course that makes it easy for men on your time is the discussion forum. Each week we will post the discussion for that week and ask you to share your response to the reflection question and you'll put your response up. And I encourage you to read other men's responses and engage by saying something back, something encouraging, inspiring or just how you were moved by it or something that brought up for you. That rich dialogue there allows it to also be read by other men. You can kind of go in and do it at your own time and space. So I highly encourage you to engage with other men in the course. It's really a big value



of it. And the learning that happens from you, from all of you, is super powerful as well as learning from me.

**[0:25:13]**

And the third of the four tips here is be willing to risk and try new things. I've already said that a little bit in terms of the shared agreements. I wanted to say it again because this is about stretching yourself no matter where you are on that purpose journey where you've self-selected one, two or three. There are places you can stretch yourself into, things you can do differently, make new choices during these seven weeks. And some of them might feel risky.

I know this true in my own life. It's my own willingness to take a risk or to do risky things that really open me up to new possibilities, to new kinds of joy, to being blown away, to having breakthroughs. And that's where some bigger rewards can happen. It's kind of risk-reward thing. I know we talk about it in a financial setting but in a personal development setting it's similar. I take some risks with my vulnerability, with the sharing, making different choices that has fear around them or feel risky. And then there is sometimes incredible reward and gold on the other side of that.

And the final tip for you on how to get the most of the course is be open to anything and everything that shows up through the seven weeks. Be open to anything and everything that shows up. So that's both the resistance you might be facing and the possibility. In this course, neither are bad. One is not bad and one is not good. So resistance is not bad and possibility is good. They are what they are and they both have valuable information to give us. So embrace the resistance if it's coming up and share it with others, share it on the forum, journal it yourself too, all of that, and then also be open to the possibility that it can bring excitement and energy and joy.

And stay in the present, stay in the course, stay connected. And this will help you to kind of build your capacity, to have breakthrough moments even if they're small little breakthrough moments during the course and they happen at all different times for different men.

One of the analogies I like to use is that you have a dinner plate would food on it. And here's the metaphor I like to use. You got stuff you like to eat on it and there's all the savory, good stuff that you love, it's delicious, and there's a bunch of food on your plate that you don't like. And let's just say it's peas, round peas. As a kid I didn't like the green peas. So you push the peas off to the side and you kind of move your food around.

What happens is you begin to get into a habit of moving the stuff you don't like off of and even stuff that might look like those green peas but aren't. And it might be delicious or some foods that look similar that are maybe spiced in a certain way but you have so convicted that that's not what I like or that's my preference. So I'm going to move that off the plate and dump it underneath the table and that you only stay with the stuff you love is really missing the power of being surprised by that bite of

that food that doesn't look good or you think is something you won't like and you take that bite and it's like oh, my God. That's amazing. That food tastes so good.

And so we typically will build up these resistances like the food on our plate, the choices that we make in our lives. And we tend to stay -- and this is kind of inertia, the theory of inertia -- is we stay moving in the direction that's easiest for us or that feels the most comfortable, the delicious food that we always like and that we miss the opportunity to be surprised. So that's to be open, be open to anything.

So that's building our container, that's a start of building our container. Obviously the container will continue to be built and get more exciting and interesting and juicy as you men interact with each other, as you interact in the website and as we interact on the phone calls. We'll be continuing to build our container of support and power and insights and breakthroughs.

Before I get into the context of the call today and talking about the teachings for today, we're going to five-minute breakout groups here. And Michael has done an excellent job of already getting you into breakout groups.

So here's what happens in MaestroConference is that this has a very cool technology where you have your own PIN, your own phone number, you dial in, we see all your names here. And Maestro is able to put you into breakout groups. And you can only hear that person that's in your group.

**[0:30:09]**

We're going to do dyads now. We're going to do just groups of two. And it's just going to be the two of you talking. I put myself on mute. Michael will be on mute. And you'll only be able to hear your partner.

So here's what we're going to do. We're going to move you into breakout groups here in just about 30 seconds. And what I'd like you to do is just share. It's a super simple breakout. You're going to have about two and a half minutes each. So it's five minutes total. I will come midway through and you'll hear my voice over you and just saying, "Hey, time to switch. Time to switch," and just switch to the other partner. So each of you have time to share.

Decide who goes first. If you happen to be on the social webinar on your screen you'll actually see the person in your breakout group up on the screen with you. Hopefully that person's name is there. And all you have to do is share two things. Share first your name and where you live and then your intention for this course.

Another way you can say it which I say it this way sometimes is what you want out of the course. Be quick, be short with it. So each of you have two and a half minutes but if you both finish early, then just keep discussing and talking until the final bell. And then we'll bring you back out from the breakout into the main room.

And again, if you have any technical difficulties when you get into breakout, somebody's not there, there's weird noise, just push 5 on your phone keypad. And again, you'll have five minutes total. And remember to introduce yourselves. I think we have one group of three. So you may have to manage your time because we had an odd number. But just check with your group to see if you have two or three. I see one group that has three men in that group and just checking with each other.

All right. Here we go. So go ahead, Michael, and let's unmute all those guys. And go have fun.

All right, men. Great. Beautiful sharings. MaestroConference lets me have a chance to just kind of drop into a room just like if I'm in a workshop and going by a breakout group and listening a little bit. So I just got little snippets from some of the sharings that you had with your partner. So thank you for doing that.

What I'd like to do now is actually take just a few minutes to hear from some of you kind of talk radio style where you share what your intention is for the course with all the men that are on the call right there. So if you would like to share your intention for the course, just hit 1 on your phone keypad now. And I'd like to hear from a couple of you men at least. Great. Go ahead and hit 1 on your keypad. Beautiful. Thank you, men. We got a few hands up. So let's go to Kevin. Hey, Kevin.

Kevin: Hey, Chris. It's Kevin Smith from Garrison, Texas. I was sharing with my partner, Michael, that a year ago I would've been a 1. And I answered 3 this year. So based on the benefit of what I got out of last year's program, it really helped me to zero in on my purpose. And so I came back this year just to continue to sharpen the saw, just continue to interact, network, but it really is around sharpening the saw for me. So thanks for having it again this year.

Chris: Thank you, Kevin, for coming back. I know how you're fired up with your purpose and I'm excited that you're here to keep sharpening the saw. Thank you. Great. And let's go to Keith. Hi, Keith.

Keith: Hey, how are you?

Chris: Good. I'm doing well, Keith. Thanks.

Keith: Good. I'm here to look at different parts of myself that might be either my ally and I don't know it or parts of me that I just need to show the door to further live my purpose. I think **[0:34:39] [Indiscernible]** my purpose significantly, but I'm here to see if there's something I can learn that will just allow me to do it more.

Chris: Beautiful, Keith. I love that. We're going to explore both sides of those in the course. What do I need to let go of to show the door? What allies or resources do I have that maybe I haven't really tapped? And that's really well said. I hope you find both of those possibilities full on here in this course, pulling in those supports and letting go of the stuff that doesn't serve you.

**[0:35:13]**

That's great. Great. Thank you, Keith. I see one here. Let's go to Luis. Luis, Hello.

Luis: Hello, every. This is Luis Colon, and I was sharing with Carrier earlier that my intention for this course is that -- well, let me put it this way. I thought I knew what my purpose was. And I've come to the realization over the last year that I didn't even know the definition of what does it mean to be on purpose. My wife found hers a couple of years ago. She's so passionate about what she does. I just want to be in the same place as her and solid 1 on the scale from 1 to 3 in terms of do I know my purpose. And I'm very much looking forward to the next seven weeks.

Chris: Great, Luis. I'm happy to have you here. I'm so glad that you are here to get more clarity and to feel passionate and fired up about what you're doing in your life. So thank you. Thanks, Luis. Great. And how about Stephen Miller.

Stephen: Hi. This is Steve Miller. I am located in San Diego, California. And I am at kind of delicious sort of life where I just retired from my job and trying to figure out exactly what I want to do for the rest of my life. I want something that's meaningful in purpose. This course came along. I said, "Jesus, it's exactly what I need." So I think I'm probably somewhere between 1 and 2 on that scale that you had about finding my purpose. I'm looking forward to learning some new skills and new insight.

Chris: Great, Steve. You're in the perfect place. I'm so glad that you're here. I just want to acknowledge you at this stage in your life and this reinvention period of your life in retirement that you're putting purpose front and center. So good for you. Awesome. So thank you, Stephen.

Stephen: Thank you.

Chris: Great. And our final share is from Ian. Hey, Ian.

Ian: Hey. This is Ian. I'm in Washington. And I know that when I was looking on the Internet and I saw this program available, I said right away that this something I need to do and I want to do. So I signed up right away.

And I'm interested in exploring the whole idea of purpose and finding my purpose or honing it better from what it is now. Is it a direction? Is it a goal? Is it a way for life? I'm not really sure. I'm looking to explore that with other men. And hopefully it'll be a fun thing to do here for the next seven weeks. Anyway, thank you for allowing me to be here. That's it.

Chris: Thank you, Ian. I'm really excited that you are here. What a great opportunity for you to explore this more deeply. Welcome. It's great to have you in the course.

All right. I think that's it. Thank you, men, for your shares. It's just great to hear you speak about your intention, what brought you here, what you want to get out of this experience. And I know each of you will have your own different flavor of what you want from the course and what's most important for you. And my hope is that you all get what you need. It's still generally around purpose so I'm sure you'll find your own way through the course that gives you the most benefit.

Great. Wonderful. We are now going to turn our attention toward essentially now the context of the entire course. And then I'm going to dive into the content for session 1 which is mapping your life as a man.

So the context for the course. The best way I can say it is that you and me and Michael, all of us, we're on an adventure together. And you can call it a purpose adventure or you could just call it an adventure. Of course we're online. We're in the virtual space. And even though it's in that virtual space, it's still an adventure, an adventure of our minds and the way we think, it's an adventure of the heart, an adventure of the soul and it's really an adventure into the deepest truth of who we are that I believe purpose resides in that spiritual place too of really unfolding who am I really and what am I here to give.

**[0:40:11]**

And so as you'll see and as we move through the course, it's an unfolding of you as well as this idea of unfolding of this thing called purpose that is a beautiful reflection of you. So it's both. A couple of the men that just shared and spoke to that is it's going to be a journey into you and into your habits and patterns and issues. And it's going to be a juicy journey and adventure into what's most exciting for you, most passionate and brings you alive. So that's the adventure that we're embarking on right now.

The other piece is it is an adventure and what I would say is that you are also the hero of your own hero's journey, your own hero's adventure. And so a theme of this course -- you can almost call it a meta-theme of the course -- is the hero's journey. I'm sure some of you have read either extensively or snippets or blurbs about Joseph Campbell's work. And Joseph Campbell is the one that wrote extensively about the concept of the hero's journey.

And he said it this way, that every great story that's ever been told whether fictional or not fictional, true life, either one, is a reflection of this idea of the hero's journey, that either an individual or a group of individuals go on some journey where they learn more about themselves, about the world and come out of that journey and out of the ordeal of the journey into some new way of being or some new capacity. So hero's journey is about a capacity-building process.

You are the hero at the center of your own hero's journey. And you are on this hero's journey toward deeper meaning and a much clearer sense of purpose, your place in the world and what is uniquely yours to give. We all have that even though it feels

like there are a thousand and one people or a million and one that are doing what we imagined doing like in terms of how we want to be in the world and then how do we express that in the doingness, that we don't feel unique.

And what I would say is your expression of whatever you choose is absolutely unique to you. That is you going on this hero journey to find that out more deeply. So again, out of the scale of 1, 2, 3 you may be just going out on that first big purpose journey, your hero's journey, and it's all new and fresh to you and you have gone and slew your own dragon to figure out what's next for you.

For those of you that already know the lay of the land and maybe you've been on some other purpose journeys, this will be another chance for you to really embody it more fully and deeply. You've got a certain level of capacity. Now how do I take this journey and allow myself to deepen it, to command it, to go farther away than I did before? Imagine you're that journey, you're that adventurer and you're going farther than you've ever gone.

So I'm going to share just briefly the markers -- what we call the six markers of the hero's journey, the six markers of our adventure we're going on together. This is a shorter version of the longer markers that Joseph Campbell talks about when he talks about the hero's journey but it's the essence and will be the unfolding of our time together these seven weeks.

And so the markers of the hero's journey are that the hero, you, me, Michael, we start in our ordinary life. We take a look at what's happening right now in our ordinary day to day life. That's where the hero starts. That's where every great story starts. We meet so and so in the hometown village or in the city, wherever they are, doing whatever they're doing, and then something happen to them.

So we are looking, first, at our ordinary life. What's there? What's going on? What am I excited about? What am I not excited about? What is working in my life? What's not? How do I get drained? And where do I get enthusiasm and excitement? What's pulling me?

And so from that ordinary life something happens, and that's the call. And it can be an unexpected call. It can be an intentional decision, a choice to go do something. But the call usually is something that just arises that pulls us toward something. At the highest level, all of you had answered the call saying, "I know I want to investigate this further. I'm willing to go on a journey, a purpose journey. And I'm feeling called to do this program with men from all over the world and with Chris guiding me. And so I'm feeling the call."

**[0:45:06]**

But in this course we're going to have you actually investigate a little bit more what else is calling you. What's already speaking to you that's a pointer towards your purpose? So the call is a big part. And the call is usually in the greatest stories ever

told is something happens, the village has burned down or the family's kidnapped or some person comes through town and whisks you away, you're kind of a mentor but you didn't expect it. And so the call can be unexpected or can be a choice.

But here's what happens, in the next step the third marker is that there is resistance to the call. You do resist the call. And you may feel this already. Some of are already feeling the call or you're further along even beyond the call but that there still is resistance to the full embrace of the calling.

And so this is where the hero finds a way to move through the resistance like I can't do that. I can't leave my village. I can't leave my family. I can't leave my town, my city. I can't do this. There's no way I can do that. I have all these responsibilities. I'm expected to be here. I can't just go off and do that and explore that. It's exciting, it sounds good but no, I can't do that. So that's the resistance and we all have our own story of what that resistance is, our own words that we put through our own mind what that resistance is.

So what happens though is there is a point where there is a movement through the resistance. And so the next marker is that you come through the resistance, out on to the journey, and then there's an ordeal, that you face some deep challenge in your life, some physical challenge or mental challenge, emotional challenge, whatever it is. And we call that the ordeal.

And in this course that ordeal is really going to be deeply facing yourself and how you hold yourself relative to your gifts, your essence, your gifts, your talents and your purpose. What am I here to bring? Can I bring it more fully and with great passion and excitement? And if I'm not, then there is something I'm going to have to face in me that keeps taking me away from that.

And so it is that facing our own inner demons, facing the ordeal that lives inside of us. And that's what we'll face. And every good hero's journey, ultimately, that is facing our own fears, facing our own history and our past, facing our family, our mother and father, whatever it is, that's the ordeal. And, of course, in the mythic stories it's about slaying the dragons and beating evil, all that. And that's, in a way, just a metaphor for our own internal battle in journey.

And then the next marker, the fifth marker, is what we call the emergence. So from the ordeal there is an emerging from it, a movement sort of back towards home in a way or back towards community or settling in a new community. And there is a new confidence and a new power and new capacity coming out of the ordeal. And so for our journey and purpose it's like the ordeal is looking at all the resistance and all the messages that I have that keeps me from really living the life I want, living that purposeful life. I look at that, I move through that and then I can now embrace more fully what that is.

And there's a new confidence to go for it, a new kind of authentic power to make it happen in the world. And that emergence is your new capacity around your purpose

even if there are some failures and successes or you put on the shelf for a little bit, whatever. You can't go back. Once you've opened that door in a way you've opened the possibility in a way that you really can't go back. And then you're just kind of procrastinating or pushing it off to the side but you're awake now to what's most important to you.

And then the final marker that this is sort of the flow of the end of our seven weeks but it also could be a seven-month journey or a seven-year journey for you, and that is the celebration of your clarity, your emergence, your new capacity. It's a celebration of that back into your life. You could almost say back into your ordinary life but it's now no longer ordinary. It's your life but it's not the kind of day-to-day ho-hum humdrum kind of existence.

And so this is now you and your purpose and your gifts in action in the world. Once that door is open, then it's an amazing set of possibilities of how you can choose to give your gift in the world. And that's the power and that's the boon. As Joseph Campbell would say, you bring the boon back into your life, back into your community, back into your family, and it helps everyone, not just you. That's the adventure we're on.

**[0:50:06]**

And so a couple of things of how we're going to help to kind of ground this over the next seven weeks is that I'm going to actually tell the story of The Matrix, Neo in The Matrix. It's been such an iconic movie or set of movies in our culture. It's a perfect example of the hero's journey story. I love The Matrix personally. I assume most of you have seen it, at least the first movie if not all three. And if not, you'll hear me tell the story. So certainly the directors and writers who wrote it pulled on mythology from Joseph Campbell, Jungian psychology, Buddhism. And so it definitely pulls on the classic hero's journey story.

The two tests that Neo is focused on -- really, the only two things that he's focused on -- is to understand the Matrix. What is the Matrix -- and then to understand and accept his purpose. So how beautiful is that as a story for us to tell here. Here's the guy in his ordinary life -- and I'm going to tell a bit of the story in a moment to kick us off here this first week -- his ordinary life. And he goes on this amazing journey. And that journey is into his own purpose. He resisted it so much for basically movie 1 and even well into movie 2. Well, he's not quite resisting as much in movie 2 but he begins to really accept and understand what his purpose is.

So I encourage you to embrace the adventure. So be willing to stay in the adventure. Here are some tips as context for our journey together is that what I know in my own life and with many men I've worked with, thousands of men that I've worked with in the ManKind Project and on my own, is that men want to know where the endpoint is. Okay. It's out there. It's 20 miles away. It's over. That's the spot. I'm going to get there. I want to get there. Point me to the endpoint. Give me the shortcut. I'm there.



Most men want a clear, defined. The thing with that is it's then cutting off adventure where it may be not as cut and dry or clear how you're going to get there. I don't want to give you the endpoint or just say, "Hey, here are the five steps. You could do this in one week." That doesn't really support the idea of you going on an exploratory adventure.

And then men tend to skip over the realities of their lives. I know I did. I kind of don't look really honestly at my life and where I am in my life or the realities of it. And so I kind of skip over it and make light of it. I got it. No problem. I can do this. I can do that. I'll have my purpose done. And so what's needed here on this adventure is to really embrace and honor the realities of your life.

And then your every journey does have a starting point. And that is where we're all at right now, at starting point. And we would say that at that starting point we're in the terrain or the territory that we all know from the starting point. It's the mapped area, the area that we all kind of this is our lives. And I'm joining this experience with Chris and all these men. And so I'm at the starting point.

And so now the question for you is how do I want to engage this journey and this adventure over the next seven weeks. You will get to answer that. How will I engage? What will I bring to this over the next seven weeks? I'll bring commitment. I'll bring passion and excitement. I'll really be thoughtful. Whatever those words are for you is know what they are. Know at you're wanting to bring to this adventure, the qualities that you'd like to aspire to to the adventure, that you don't necessarily have to have them fully to say, "Well, I am going to bring this level of courage and honestly and I'm going to bring vulnerability." So that's a question for you to answer and what I invite you into.

And to bring all of this that you're learning to the seven weeks, to bring that as treasure and as gold for your purpose discovery, to bring that out so that your purpose is revealed out of your own commitment to this process, what you're bringing to it. You know what's funny? You might not even have the kind of breakthrough that you expect or the insight that you expect but what you windup getting is something unexpected and just as powerful. So be ready and willing for that.

So I'm going to now switch gears. We're at the hour mark. And I'm going to switch gears and I'm going to share a quick quote with you. And then I'm going to go and talk a bit about the context for today's session of mapping your life as a man. And then we're going to wrap up in hopefully in 10 or 15 minutes and then have a good solid 15 minutes to just see if there are any questions or comments from you men. And then we're going to sign off for the night.

**[0:55:24]**

So here's a great quote and this quote comes from the Yi Jing, sacred Chinese text that's used in kind of a divination tool with coins and the ancient wisdom from China.

Here's a beautiful quote that will help us for tonight's work. It's only when we have the courage to face things exactly as they are without any self-deception or illusion that a light will develop out of events by which the path to success may be recognized. Say that again and I'll read it again for you. It's only when we have the courage to face things exactly as they are without any self-deception or illusion that a light will develop out of events by which the path to success may be recognized.

And that's really a beautiful quote moving into this first session's content which is about our ordinary life and actually taking a deep look, an unvarnished look, a look at our lives without self-deception to really see what's working and not working but to also reveal what's exciting or passionate or to reveal places that had been unexplored and I've put away, I've hidden, I put it in the closet or I've hidden it away.

And so the context for this first session is mapping our lives as men as they currently are. So what do I mean by that mapping? Again, we're using the metaphor of going on an adventure, being the hero of our own purpose journey. And so I love the idea of starting with a map. And so the map of our known world is the terrain we live in now, our communities, our families, the work that we have, what we're doing in our life today and that this map as I lay it out, instead of it being roads and mountains and streams and all that think of it as a map of all the aspects of your life, to mountains of your life, to streams of your life, the meadows of your life, the forests, the topography, the mountains. So think of it as that.

And so when we say map it's the map of your life. And it's an unfiltered assessment of where you currently are in your life and it's the known terrain. So it's like you actually are unrolling the map as. As an explorer, you're looking at all the things objectively. There's the mountain. There's the stream. There's the larger river. There's the forest. And then you get to ask yourself some questions as you take yourself into that known territory. And this is the beginning of the process of the deeper truth telling. Here I am. Oh, boy.

And when you see the download from this first week session you'll see that we've created a PDF of the map of your life of different areas of your life. And I'll get a little bit more into that, the actual practice later, when we talk about it. But you'll look at these different areas, you'll journal about them and look at what's working, not working, where you have passion, where are you getting sucked in.

And the truth telling usually comes more from what you're not willing to look at that might be sabotaging you or a pattern that's pretty deeply engrained but you haven't really faced it and owned and said, "Yes, there's that thing again." And then the other way is where you've put your passion or the thing that just most brings you alive or something that you've done in your life in the past and you've put it in a box, a lock box, and you've put it away because it's not practical or you can't do it. You don't have the time or you have too many responsibilities.

It's generally that side of the deeper truth telling of the map of your life, in this area, I've really not looked at and I haven't gone back to that. And it's easy when we take

this unvarnished, honest look at the full terrain of our lives. It's easy to skip over stuff. It's easy to say, "That's not a big deal." But we're going to have just you spend a little bit of time thinking about all these areas of your life.

And so if I want to create a new possibility for my life, if I really want to create a new possibility for my life, I need to assess where I am right now. And we'll call that the known territory of the map.

**[1:00:03]**

And I need to do that before I can begin to explore the unknown territory and launch on to my adventure consciously. So it's important to spend the time understanding or mapping the terrain that you're in right now. That's the why. It's not a huge thing in terms of what's going to make a difference around your purpose but it will open up some possibility that you may be weren't willing to really own and look at or understand where you might be getting stuck or trapped. So this starts to unfold that.

And it starts creating the space for you to listen more deeply to what's happening for you or what this call -- because remember, session 2 is about this emerging call. When you do this investigation and you spend some time on your own and journaling, you might already start to feel and sense the call for you. And there's no real motivational poll if you haven't looked closely your life, meaning the things that are particularly not working that are sabotaging you, you must be willing to face those, face what if.

And in this first phase it's just naming them, it's just journaling them, writing them. We don't have to do any deep investigation. This isn't a full excavation of all the depths of every area and all the nuances. It's more like, really, how do I get energy, what drains me and then what's working and not working. It'll basically simple kind of concept. And this is really taking the inventory of what's on your map.

So we're going to move from the process. We've been really moving from this known territory, kind of what's in your life now, to the unknown. When we talk a little bit about The Matrix, Neo moved from what he definitely knew is the known and then he was completely into the unknown for the whole rest of his time and the experiences of Matrix.

Think about this as the unknown territory is the possibility, that is the place of adventure that you're going into. And the map is not the territory itself. The territory is the territory. The map is just a pointer and a way shower for you to get into the stuff of what's going to help me unearth my purpose. So our whole work is that flow of moving from a known to the unknown and then letting the unknown show us what's possible and what can be.

The areas in your life that you're going to look at are you're going to look at your health and your wellness, you're going to look at relationships, work and career, your money and finances, your creativity, spirituality and community. So you're going to

take a look at all of those. You're going to journal a few things. And I'll tell you a little bit more about the practice as we close our call.

So that's really it for this week, is the map of your life as a man. And what I want to remind you about too that's a core part of this program which is called the Passion Test, you guys have all seen on the website hopefully, in the course site. And this is a live facilitated session with a certified Passion Test facilitator. And hopefully within these two weeks you will have booked that, got it scheduled and gone through your Passion Test because that will also help to unfold what's happening right now for you and your life like what feels passionate right now or that you can feel the pull toward.

And you might look at these different areas for pointers to that like where do I feel passionate in my work and career, where do I feel more draw and passion in community work and I haven't put toward that. So you'll investigate that with your Passion Test facilitator and actually hone it in on a few key passions, your five top passions, so that you can put that in this exploration of how you're thinking right now in your known territory. So I'm very excited about that. Make sure you book that and see if you can try to get that done before we start our third session definitely.

So I'd like to now just tell you before we start moving into the wrap up of the practices for the week is I just want to share and reintroduce you to the story of The Matrix and of Neo, Mr. Anderson. And Mr. Anderson also known as Neo is -- we find him at the start of the movie, The Matrix, we find him in his ordinary life. He's a software coder, developer, at some big multinational firm. Kind of reminds you of Microsoft. Even the name is similar. But he's just a midlevel programmer living the day-to-day ho-hum life.

**[1:05:09]**

He's not fulfilled. You can tell he's going through the motions. He looks pretty pasty. He hasn't gone outside in probably weeks, if not month. And we see him then also in his own personal space where he has all these computers and gear in this kind of shabby little apartment.

And early on we see that he's engaged in some search, something is calling him. He's got these searches running on his computer. Clearly some of the stuff that folds up is about this terrorist person, Morpheus. And so he's looking. You can almost feel it. He's not happy. He hardly smiles. And something has got him hooked, like, "Is this all there is?"

And then in those early stages of the unfolding of his ordinary life we see that friends come to him and they asked him to go out in town or out on the night. And he's just before been woken up on his computer screen when something very strange that says follow the rabbit. And so very quickly we see him in his ordinary life and the call is already starting to happen. So the movie brings us pretty quickly into the call.

And then he trusts whatever came up on his compute. Follow the rabbit goes to the club and he's now off on his journey. But it all started in his life and something that's missing, searching for something. And the question that's driving him is what is the Matrix. And I will offer this to you, men, is that it's very simple to transpose that and shift it into our own world as sort of what is this default world that we live in. What is the Matrix that we're caught in?

On the flip side of that he's also saying what is my purpose because the Matrix is something that's sort of got us or got me but it is not me. So it's the world we live in, the illusion that we live in every day, the consensual reality that at least in this movie says it's run by a massive computer program.

So as you get into this first session you are going to take a look at your life as he did as well with an eye toward what is calling me right now, what is calling me right now even if it's simple as follow the white rabbit. So that's the start. Every week we're going to pick up the story of Neo and The Matrix and use that as a metaphor and as an example for our work each week.

So let me dive into the practices briefly. I'll move to these fairly quickly because you have instructions on the course website. So when we finish this call absolutely go to the course website, look at session 1 and you'll see pretty soon we'll have the recording up, we'll have transcripts later but there's already your first download, your PDF which is the map of your life as a man.

And so the practice for this week is to be willing to take full account and a full deep look of your life as a man. So this is your terrain, the terrain that you're in now, the known world but you also get to kind of look at what are some of the places in this known world that had been in the shadow or I haven't looked at. So honestly report on its condition in each of these areas, the whole picture.

What we invite you to do right now too is go buy a brand new journal or a spiral-bind notebook or whatever. Get a brand new one for this course. So that's your purpose journal. You can write directly on the PDF if you like but it's more kind of for a visual. But you can take each of those areas and write a lot more. If you prefer to do it on the computer, just create a whole new document that's specific to this course and you can start writing what you noticed in each of these areas.

So here's what we'd like you to look at is in each of the areas of the health, relationship, work and career, money, finance, creativity, self-expression, spirituality and community -- I say that fast because it's all on the document -- have these specific inquiries for each of those areas -- it's kind of like a filter. And you get to write whatever you want about what is happening in those areas. But what we ask you to look at is in the area of health, for example, where are you satisfied and where are you unsatisfied. What is working in that area and what is not working?

So you want to kind of look at both sides and be as honest as you can. So for example with health, you could be feeling satisfied that you're working out regularly,

you're sleeping pretty well, that that's working, there's satisfaction there, but you're also tending to overeat, you're sitting way too much throughout the day and that feels like that's not working and your body is not as healthy as you'd like or there is some aspect of your health. Maybe you're on the borderline of diabetes and you know it's to be concerned about but you kind of keep eating a lot of sugar and junk food, whatever.

**[1:10:27]**

So taking a really deep look at that, just uncovering places in your life that would have an impact on you more fully living your purpose because, look, if your health is in total disarray, if it's not working, it's pretty hard to really feel the energy and the passion to live your purpose if your health is not there. It doesn't mean you can't do both. It's just a lot harder if you're not dealing with that part of your life as well which is a part of supporting your purpose.

And then I would say in each of the areas what is the biggest thing that you're ignoring or resisting in that area. So you just get to name one big thing. What are you ignoring or resisting in health, ignoring or resisting in relationship? So that kind of grounds this like that's the biggest block or barrier or resistance.

And then for each area, just set an overall ranking of how well you feel about yourself in that area from 1 to 10, 10 being amazing, solid, got it. I don't even worry about it. It's just humming along. My health is just perfect right now. I'm eating well and exercising. That's a 10. And then relationships could be in total meltdown in a divorce that's happening right now for you, and maybe that's a 2 or 3 or something.

So one overall ranking. The instructions are there. That's really what we want you to do, is kind of keep it simple, journal a bit about each area, look at what's working, not working, the biggest thing you're resisting and then the overall ranking of that area. And that's going to help give you some information along with your passion journey with the Passion Test to see -- because the point is we want to see what bubbles up for what may be calling you forward in your life right now.

And the reflection questions are already right there on the course website. Now that you've surveyed your life, the territory of your life, what do you truthfully notice now about the condition of your life? This is what you're going to actually write in the discussion forum for week 1. You have time to think about it over the next five to seven days. You'll have time to do the practice, work on this and then write your answer to this.

So what are the costs or impacts of you not changing anything in your life? And what is your level of commitment to changing the aspects that aren't working? So you get to write that.

That was part A and B of question 1. And then question 2 is very simple. What might be calling you forward right now in your life? What's bubbling up with you or wanting

to come out that you might be noticing now? There's no right or wrong answer here. This isn't your purpose but this could be one of the first pointers to your full expression and understanding of your purpose.

**[1:13:09] End of Audio**