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RECAPTURING THE VISION

MENOFVISION

RECAPTURING THE VISION

BY DR. JACQUELINE DEL ROSARIO

Helping People Dream Again

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Helping People Dream Again

Dr. Jacqueline Del Rosario

Dr. Jacqueline Del Rosario is a certified marriage coach, state-approved premarital course provider, recognized public speaker, youth advocate,visionary author and education enthusiast whose mantra derives from the idea that the foundation of any society starts in the individual homes of people.

As a forerunner in the area of youth empowerment and abstinence education, Dr. Del Rosario has achieved unprecedented success with ReCapturing the Vision; for over 20 years she has guided a first-rate organization that has helped thousands of at-risk youth craft a better future.

Known as America's Marriage Coach™, Dr. Jacquie has developed proven tools to help couples develop through their quarrels and discover healthy solutions to marital circumstances across all boarders. As both a married woman and marriage counselor of over 20 years, Dr. Jacquie continues to travel coast to coast speaking about and discussing the plights attached to the institution of marriage and less privileged families; she also continues to tirelessly advocate the youth through ReCapturing the Vision and all of its yearly programs and events. Dr. Jacquie resides in Miami, FL with her husband and two sons.

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Introduction to Manhood

Young men every where enter a transitional phase which takes them from childhood to manhood. Without direction and guidance their plight can be uncertain. Men of Vision was designed take you through the paces of your transition.

Our quest begins with manhood. What is a man? Many people feel that when a young male reaches a certain age or when his voice deepens and he grows facial hair, he automatically becomes a man. But this is not necessarily true. You are born male, but only true maturity of character can make you a man. Maturing involves, having vision for your future, gaining wisdom, and undertaking responsibility. Furthermore, the ability to walk with integrity while exercising self-control provides the necessary strength to endure, commit, and love. As a result, you gain the character that enables young men to transition into manhood successfully.

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One of the most difficult times in a young person's life is the transitional stage of adolescence. According to the cycle of development, the shift from boy to man begins with puberty and ends at about age 21. However, in the absence of mentoring and guidance, this transition can occur much later in life. Some males may die never having entered manhood. They may have married or even fathered babies, yet they fail to ever mentally and emotionally progress.

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Through the pages of this book, you will receive the mentoring and guidance necessary for the development and transition into manhood. The chapters include: Vision, who I am and where I am going; Wisdom, learning by the school of hard knocks or the school of warning; Responsibility, getting the job done and pulling your weight; Integrity, choices, morals, and values; Self Control, myths concerning societal roles, and sexual accountability; Strength and Endurance, and the ability to facilitate life's challenges; Love and Commitment, fatherhood and faithfulness. Each lesson will move you closer to acquiring the maturity of character. You will understand what it is to be a man, how to negotiate life and all of its challenges.

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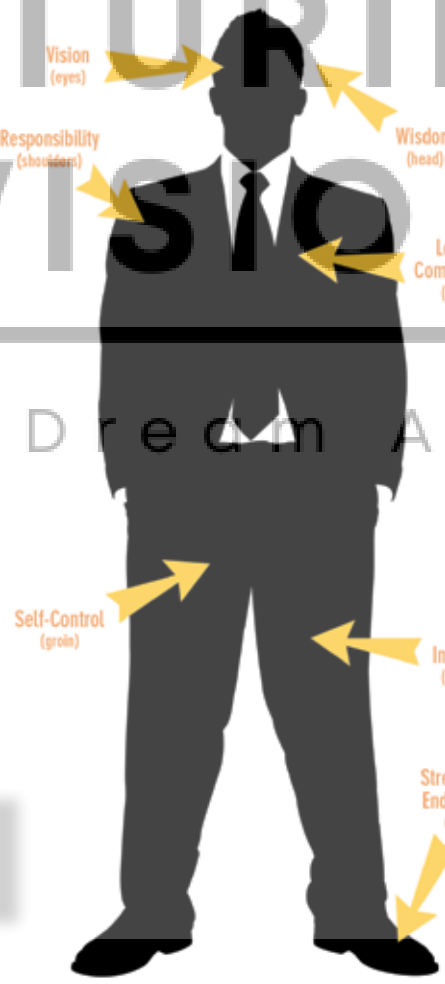
Man *n* - An adult male with manly qualities such as wisdom, self-respect, maturity and strength.



The Seven Degrees of Manhood

Introduction to Manhood Exercise: Your Concept of A Man

Directions: Let's start this unit by examining your concept of a man. Answer the questions below and share your responses with the group.

1. What qualities do you feel a man must possess?

a. _____
b. _____
c. _____
d. _____
e. _____

2. I will know that I am a man when _____ happens.

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3. List two people who you feel are real men. Write a little about each of them: their line of work, age, along with a general description of the traits that you like most about each of them.

Person #1

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Person #2

Introduction to Manhood

As you journey to manhood, we will utilize a total of 5 male personalities to assist in your learning process. Each personality represents different attitudes and standards. You are encouraged to determine which personality type is most like you.

Corporate Tony

He carries a briefcase and is always busy. Corporate Tony went to college and later went on to pursue a master's degree. He makes big bucks as a stockbroker. Tony has the nice corner office, an expensive car and a big house. He is well respected in professional circles. Corporate Tony understands that he has to work hard and prepare himself if he is going to be successful. Some people might look at Tony and say he has made it.

Attire: Wears an expensive suit and tie everyday.

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Slick Will

He's a hustler who always tries to get over at any cost. He will sell you bootleg DVDs, mixed CDs and name brand clothing out of the trunk of his car. Cable, satellite cards, cell phones, weed, powder – anything you want, Slick Will has it or can get it in a couple of days. Slick loves the fast life; fast women and fast money is how he rolls. It's probably just a matter of time before he or one of his many women lands in jail.

Attire: Has an ice grill with spinners (gold teeth, covered in diamonds), wears lots of "bling" and the latest fashions, and wears his hair in long dreads.

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Blue-Collar Joe

He likes to work with his hands. Manual labor has never bothered Blue-Collar Joe. He's not afraid to get his hands dirty, so he became a construction worker. Before he went into construction, he did lawn maintenance. Blue-Collar Joe did not go to college but he works hard at his job to ensure that he advances economically.

Attire: He prefers casual wear – nothing too fancy for him.

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Clean Cut Clyde

He has street smarts and book knowledge. Clean Cut Clyde has completed a few years of college and has chosen to work at a youth program helping at-risk children. He is thinking of going back to school to complete his bachelor's degree to become a teacher.

Attire: He wears Dockers or jeans with a Polo or button down shirt. His hair is short, neatly trimmed and modest.

Urban Mike

He grew up in low-income housing and understands the struggle. Urban Mike is determined to make it out by rapping or getting into the NBA. All of his attention is focused on playing ball or being in the studio. Mike feels that he could really get ahead faster if he dropped out of school to focus all of his efforts on his dreams.

Attire: He rocks the freshest Jordans, baggy jeans and Timberlands. His hair is worn in long braids.

Introduction to Manhood

As you journey to manhood, we will utilize a total of 5 male personalities to assist in your learning process. Each personality represents different attitudes and standards. You are encouraged to determine which personality type is most like you.

Directions: Now that you have read the personality profiles, select the one that you most closely relate to and explain why.

I relate most with_____ because_____

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List the things about the personality you chose that you like the most:

Now list the things that you like least about him:

Chapter 1: Vision

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> "A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more."
>
> —Rosabeth Moss Kanter, Harvard Business Professor

Vision: The First Degree of Manhood

Usually the end result of what is known as success starts with VISION: The First Degree of Manhood. Everyone's success story is different, but there is always one common element – vision. It is the key to unlocking potential and the ultimate guide to getting things done. Some say that you have to see what you want before you can get what you want. In other words, you must be able to imagine it and then go after it. In the world of sports, visualization has become a major factor in game preparation. Kobe Bryant has noted that he often spent 10 to 15 minutes before each game visualizing the spectacular moves that he would perform in that night's game. You must have vision about your future – see it and then take the steps necessary to obtain it!

A man must have a vision to steer him throughout the course of life. Without it, he can not quickly assess which paths to take. But with a clearly defined destination, he can see that if a path does not lead him closer to his goal, the choice is easy…don't take it! A man never does anything that will threaten his future.

This chapter will help you make your dreams come true. It will get you thinking about your future and help you learn how to arrive there. You will ask, "Where do I see myself in the future? What do I want to be? Who do I want to become?" These are just a few questions that will be asked as you work to unlock your potential and become a Man of Vision.

Vi•sion *n* - The ability to anticipate and make provisions for the future.

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Vision Exercise: Your Childhood Vision

Directions: Recall your childhood vision and write a brief narrative expressing what you wanted to become. When you have completed this task, answer the questions that follow.

1. When I was _____ years old, I envisioned myself_____

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2. What actions, if any, have you taken to bring your vision to reality?

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3. Are you any closer to that vision today than you were when you first had it?

Vision Scenario: Corporate Tony's Roadmap to the Future

Directions: Read the scenario below and then answer the questions that follow

Scenario:

Corporate Tony was raised by a single mother. The closest that he ever came to experiencing the father-son bond was with his soon-to-be-stepfather. Jim was a big guy that his mother dated. They planned to get married, but that all came to a crashing end one day when Tony saw Jim slap his mother. Though he was smaller and a lot younger, Tony jumped in the middle. "Don't you ever put your hands on my mother again!" Tony yelled. In a huff, Jim walked out and never returned.

Tony decided at that moment that he was never going to be placed in a position where he had to rely or depend on someone else. He began to work out a plan for his future. He knew that he was going to do whatever it took and work as hard as necessary to be successful.

Tony thought that he would go into the finance industry because he had a talent for crunching numbers and had a lot of creative ideas. He knew that these skills would take him far if he put in the time. He met with his counselor at school and enrolled in classes that would get him on the right path.

From that day to now, Tony has worked tirelessly, giving 110 percent to everything he does. His hard work has paid off so much, he doesn't depend on anyone. You see Tony has made it. He is a success story.

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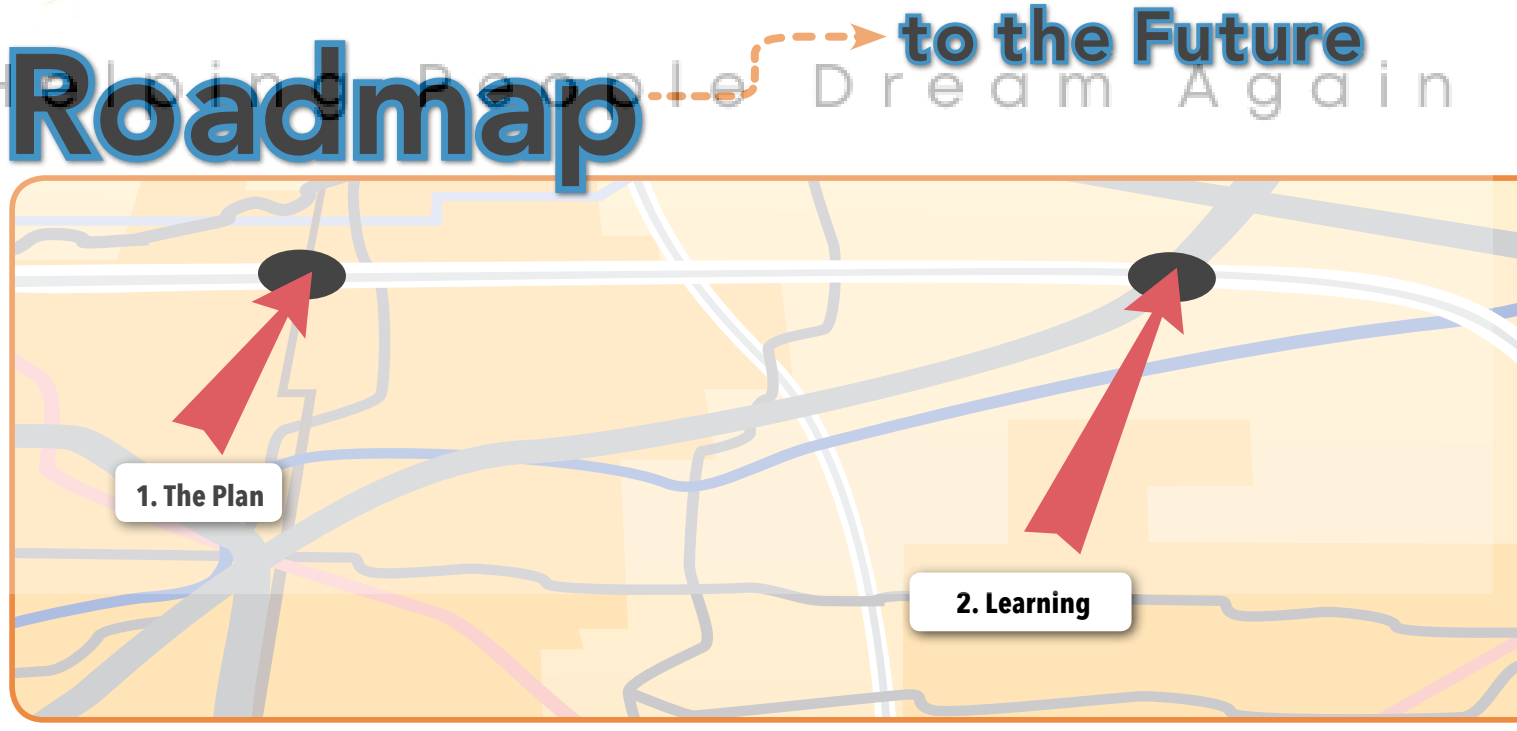

Vision Scenario: Corporate Tony's Roadmap to the Future continued

Tony envisioned himself as a successful stockbroker. He recognized that it would take hard work to get there, so he set out on a path that would take him to his goal. Here is a road map to Tony's vision and how he got there.

1. **The Plan:** Tony sought help from school counselors and asked local business owners how they became successful. Then he created a step-by-step path for himself.

2. **The Learning:** Following his counselor's advice, Tony took courses to prepare for college entrance exams, got A's and B's, and was accepted into a good college.

3. **The Work:** Tony didn't do the typical 9-to-5 at his first internship. He would work into the night to perfect his work, even if it meant working after hours. As a result, Tony stood out from other workers at his job. He shined more than other interns, which earned him a full-time job at the company.

4. **Patience:** Knowing that you must follow before you can lead, Tony worked for someone else. He learned the business norms of dress, vocabulary and behavior; he then had the knowledge to start his own company.

5. **Victory!** Tony mapped out his future at a young age and made a commitment to reaching it. After years of focus and dedication, he reached his destination of being a successful businessman.

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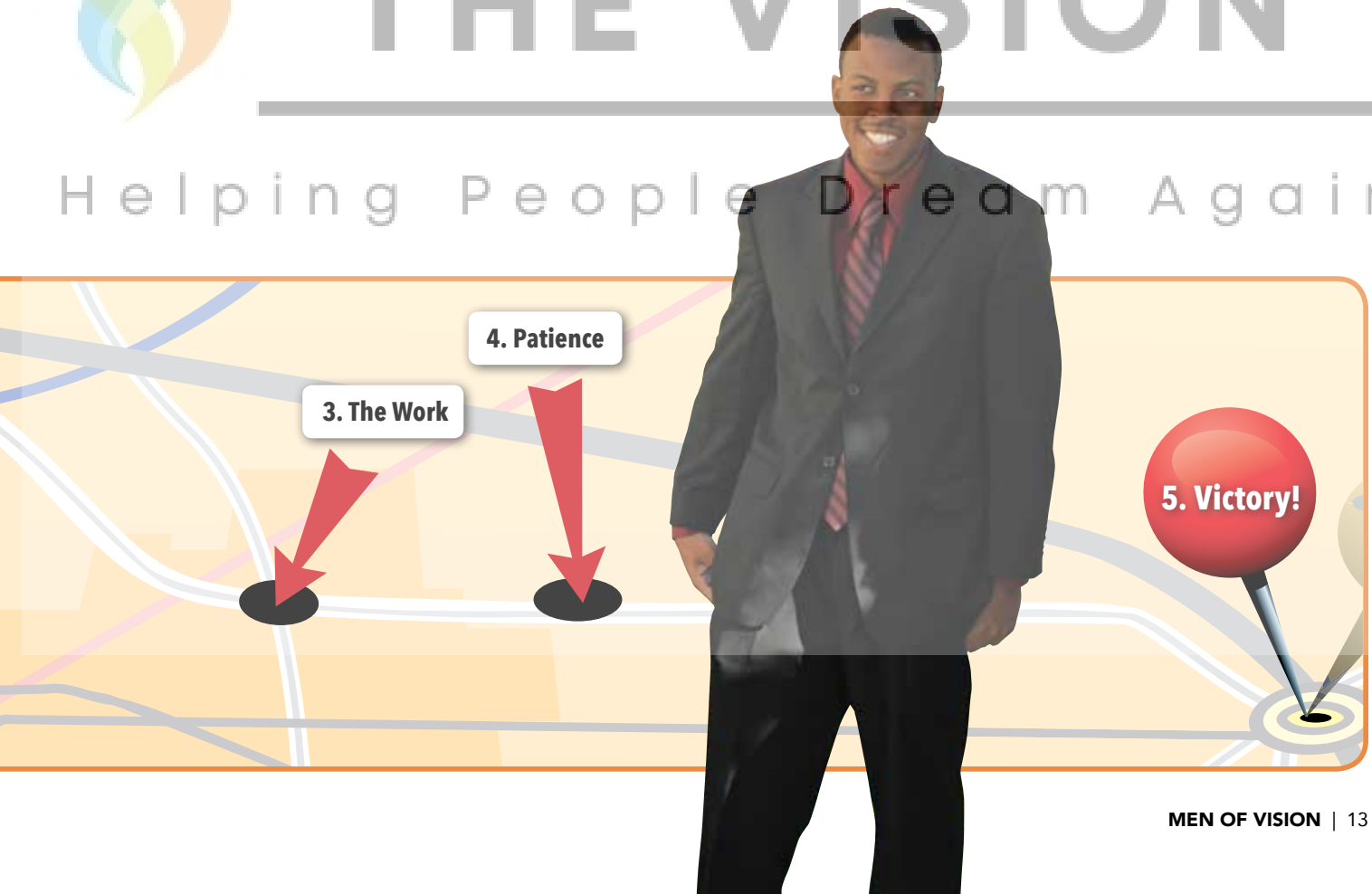

If I Can Dream It...

Adolescence is an important stage in which young people prepare to take on the responsibilities of adulthood. This is the time to look ahead and plan for your future. What type of career path will you take? Will you marry and have children or remain single? As you look towards the future, you must define your goals and the strategies needed to fulfill them. After doing this, remain focused. Straying from the course will not get you to your desired end and could lead to an unfavorable destination.

Goals help people make better decisions. When you have clear goals, it is easy to assess which opportunities are appropriate to accomplish them and pinpoint the best course of action. The goals set today can determine the success or failure of tomorrow.

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Putting Your Goals into Perspective

Now it's time to shift gears into the future. Through a series of activities, you will have the unique opportunity to map out your future in great detail. Let's start by putting your goals into perspective. What will it take to make your dream a reality? All too often people dream big dreams, but lack the follow-through and determination to bring them to pass.

When you look into your future, do you see yourself driving an expensive car and wearing designer clothes? It is easy to see yourself living in the lap of luxury, but do you have any clue as to what it takes in terms of money, education, and time to achieve it? It may seem great in your mind's eye, but how does it translate into blood, sweat and tears?

Let's take a glance into your future and discover the cost of your success.

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Vision Exercise: Where I See Myself in the Future

Directions: Using magazines, select the type of home that you want to own in the next few years. Cut the picture out and place it in the space provided below along with the information for purchase such as: the cost, location (community that it is located in), number of bedrooms and bathrooms and any other amenities such as pool and garage.

My Home

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Location:_____

Description:_____

_____

_____

Cost $:_____

Vision Exercise: Where I See Myself in the Future

Directions: Using car magazines, choose a picture of the car you'd like to drive. Paste the picture in the space below and then write a detailed description of your car including the make, the year, the accessories you want and any additional features such as four-door or convertible. Finally, list the cost of your car.

My Car

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Description:_____

_____

_____

_____

_____

_____

Cost $:_____

Chapter 2: Wisdom

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"Knowledge comes by taking things apart: analysis. But wisdom comes by putting things together."

—John A. Morrison, US House of Representatives

Wisdom: The Second Degree of Manhood

Wisdom is a fundamental trait of true manhood. A real man is not rash, hotheaded or foolish. He uses wisdom to rationally resolve challenges. A boy, on the other hand, explodes reacting with the first thought that comes to mind and never contemplating the consequences.

A man only does things that are profitable for him, and for those who rely on him. A man continually contemplates his vision with his future in mind. It is the common denominator in all of his decisions. He will never do anything that will jeopardize his future potential. A man understands that he is not yet where he wants to be but is willing to work hard to get there. We have discussed your vision; now, each decision should be carefully weighed by wisdom to ensure that every action moves you closer to the goals you have visualized in Chapter 1.

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Wis•dom *n* - The ability to apply knowledge; sound judgement

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Wisdom: The Second Degree of Manhood

Some people say that wisdom is acquired in time. That does not mean you can't be young and wise; it merely means that as you grow older, you should also grow wiser by learning from life's lessons. Wisdom is good judgment shaped by past experiences and a sense of what fails and what succeeds. It helps anticipate the many turns of life and serves as a moral compass to guide you towards your next course of action.

By now you discovered that if you add a lit match to gasoline, you will start a fire. If you touch a hot stove, you will get burned. Now that you have learned this, when you are near a hot stove, wisdom says, don't touch it. Wisdom is that process of deduction that helps you navigate the decisions of life. The question is: are you growing to be wise or foolish?

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You may ask, "What can I do to gain wisdom?" To gain wisdom, you should learn how to make decisions that productively resolve conflicts. Life is filled with problems. Some people make problems escalate by the manner in which they respond to them. Let's examine four steps to properly resolve conflict that will help you gain the wisdom that it takes to progress.

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Wisdom Scenario: Conflict Resolution

Directions: Read and discuss the following scenario and the steps that can be taken to solve the problem. The steps are listed for you. If you're using this scenario, this is how conflict resolution would work.

Problem Solving Steps:

1. Identify the problem.
2. Develop strategies to resolve the problem.
3. Choose the best plan to resolve the problem.
4. Implement and evaluate.

Scenario:

Science provides plenty of headaches and struggles. Though you try to understand the material, paying attention is difficult. You feel dumb after watching your grade plummet after each exam, but you are too ashamed to ask others for help. Just when it seems like things can't get any worse, you receive a notice that you are in danger of failing. If this occurs, you will have to go to summer school or repeat the 8th grade. What should you do?

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1. Identifying the problem. What is the problem and what is the source? This first step is essential because when a conflict arises, most people are unable to identify the problem. If you can't define the issue, how can you even begin to solve it?

2. Develop strategies to resolve the problem.

3. Choose the best plan to resolve the problem.

4. Implement and evaluate. Put the plan that is best for you into action and evaluate.

5. Your teacher informs you that there is free tutoring three days a week after school. She goes on to assure you that if you attend the tutoring and get your homework done nightly you should pass with flying colors. Evaluate. Did this option work? Were you able to get help to avoid failing science?

Wisdom Scenario: Conflict Resolution

Directions: Before you read the scenario below and answer the questions that follow, review the key aspects of problem solving to ensure that you are mastering the steps that resolve a conflict.

- As you work to resolve conflict, always be able to think things through. Consider your actions and the consequences. A man does nothing that will compromise his future.
- There is usually more than one answer to any problem. Be willing to think outside of the box. Get creative and come up with options to resolve the conflict.
- Expect the unexpected; anticipate possible reactions as you implement your strategy to resolve conflicts. Life is not a script and everyone does not have a rehearsed response, you may need to troubleshoot your plan.
- Avoid negative body language and tone; they can easily make a good plan go sour. Stay neutral when angry and watch situations calm down versus escalate.
- When a problem is truly solved there are no ensuing problems as a result of your actions.

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Scenario:
A girl at school constantly pesters you and she has a good time doing so. One morning, while getting off the bus, she snatches your iPhone and runs off with it. You ask her to give it back, and she refuses. Finally, she relents and agrees to give it back so that you may continue to listen to music.

As you reach for it, she snatches it back again and runs off laughing! "Give it back!" you shout. She responds by saying, "Tell your mama to come and get it." With that, the fellas start laughing and ask, "Man, are you gonna let her talk about your mama like that?" You are so fed up that you could choke her. What do you do? Why?

1. Identify the problem.

2. Develop alternatives to resolve the problem.

Alternative A:

Alternative B:

Wisdom Scenario: Conflict Resolution continued

3. Implement the best plan. Explain your choice.

4. Evaluate:
   a. Did your plan resolve the problem?

   b. How do you know it was resolved?

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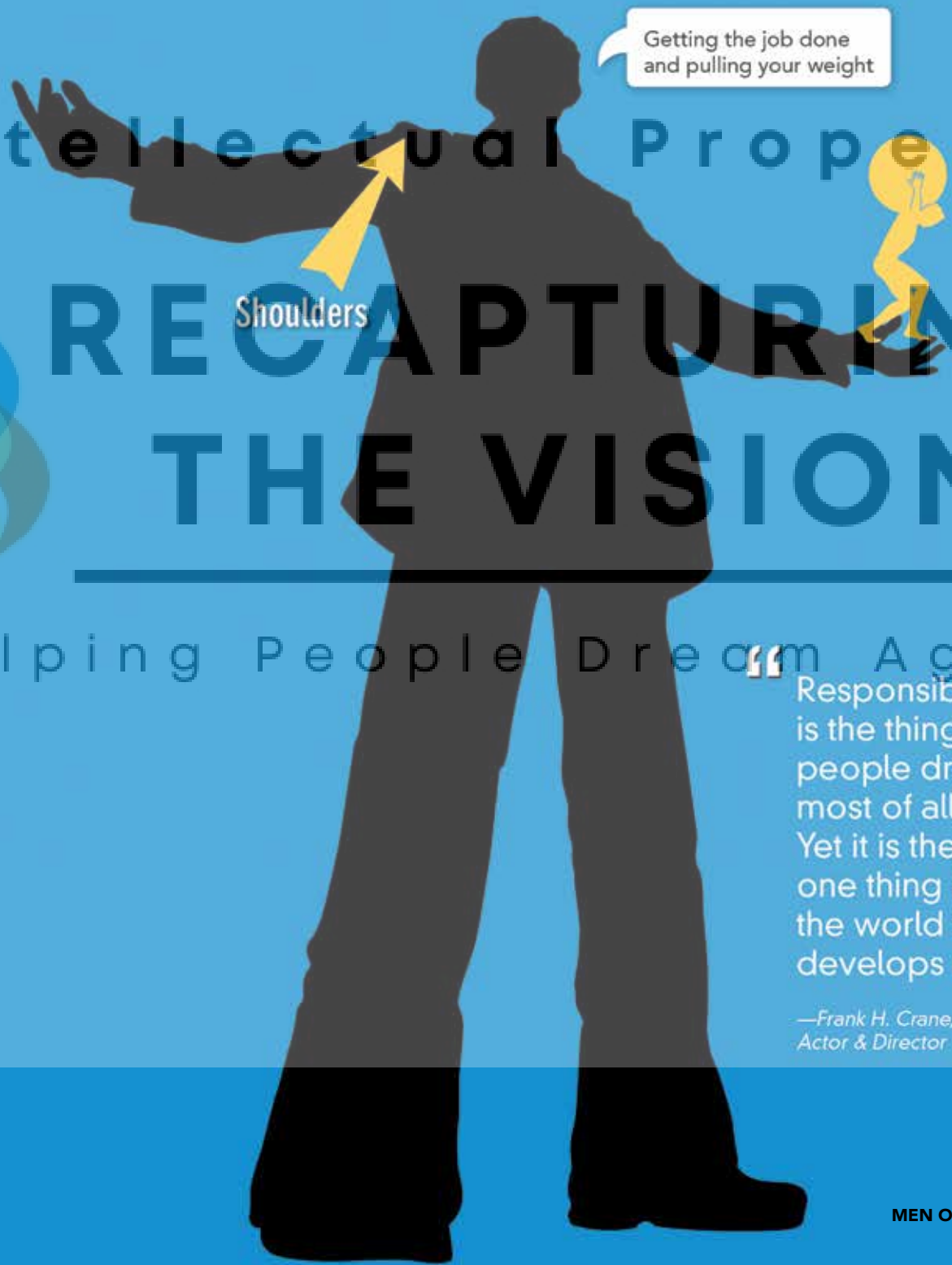
Chapter 3: Responsibility



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> "Responsibility is the thing people dread most of all. Yet it is the one thing in the world that develops us."
>
> —*Frank H. Crane, Actor & Director*

Wisdom: The Third Degree of Manhood

The acceptance of responsibility defines the true character of a man. By avoiding your duties, you are avoiding your path to becoming fully developed. Becoming a man is marked by a willingness to embrace responsibility and all of its demands. Manhood is not for the weak.

A wise man once said that if a man does not work, he should not eat. If he is unwilling to at least accept the responsibility to support himself, then no one else should be required to provide for him either. There is a four letter word often used to describe responsibility and that word is WORK. This four letter word is not a bad word but a good one. It is a very important element of manhood. As you embrace hard work, you are sure to meet with success. Your future wife and children will be able to rely on you to get the job done.

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Re•spon•si•bil•i•ty *n* - The state of being responsible or accountable; the abilty to meet obligations, or to act without superior authority or guidance.

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The acceptance of responsibility defines
the true character of a man.
Without it manhood can never be achieved.

Making it in the Real World

As you work throughout your teen years, it is a good idea to work in your desired field. This will give you the opportunity to gain experience and acquire skills that can translate into employment in the future. Sampling your career field will ensure that you will like that profession. For example, a teen who wants to become a hotel manager will gain valuable experience working as a bellboy at a hotel. Being an entry-level, part-time worker at the hotel will provide working knowledge of the industry, which will be a great asset once the teen goes to college to pursue a degree in hotel management. It would be a more effective step towards his goal than working at a fast food restaurant or clothing store. Success comes to those who best acquire and utilize their field's necessary skills.

There are many types of jobs. We will explore a few to give you greater insight into the different levels of employment.

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- **Entry-level jobs:** require little or no training. Types of jobs in this category include maintenance workers, a counter person at a fast food restaurant, a dishwasher, a sales clerk, or a child care aide.
- **Paraprofessional jobs:** paraprofessionals are trained to assist professional people. These jobs require a high school diploma and additional education from an undergraduate college, university or vocational/technical school. Some states require a special license for certain jobs such as Emergency Medical Technicians (EMTs), child care workers and dietary assistants.
- **Professional jobs:** require a four-year college degree and most often, an advanced degree from a graduate school. Teachers, doctors, counselors, lawyers, architects and social workers are a few examples of professional workers.
- **Entrepreneur:** an individual who starts a new business. This person takes a financial and innovative risk to find opportunities to introduce a new product, a new process or an improved organization. Bill Gates, Oprah Winfrey and Walt Disney are famous entrepreneurs.

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As you can see, the more education and experience you have the more qualified you are for higher-level jobs. As a result, you earn more as well.

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Skill *n* - The ability to do something that comes from training and practice.

Responsibility Exercise: Finding Job Sources

Directions: Getting the job done starts with finding the best job for you. In the following activity you will become familiar with the methods to recognize job opportunities from various sources and how they can lead to employment.

Choose one source of employment and report back to the class on what you learned about finding a job. Was this source helpful? What information did you find? What types of jobs were available (list at least five)? Were these entry-level jobs or paraprofessional jobs or a mixture? Is this a good source for students or is it better suited for adults with experience?

Possible Job Sources

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1. **Talk With Other People:** Often other people will know of job opportunities or have advice on how to obtain employment. View everyone you meet as a potential source. This includes family members, friends and employees at various businesses.

2. **Look For Help Wanted Signs:** Often businesses post them when they are looking for employees. Don't be afraid to approach the employer, but make sure you do so politely and professionally.

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3. **Read Help Wanted Ads:** Help wanted ads are placed in newspapers and in other publications when a company wants to hire people. The Sunday issue of your local newspaper usually has an entire section filled with want ads, so this can be a great resource.

4. **Visit Employment Agencies:** Employment agencies are in the business of finding jobs for those who are unemployed. Make sure you know if there is a charge for the service before you sign up. Some agencies are government run and free of charge, while others are private and require a fee for their services.

5. **Browse the Internet:** Many jobs can be found on the internet. Monster.com, Hotjobs.com and Careerbuilder.com are just a few websites that provide job help. Be sure to check for a variety of websites, but only use trusted and free services.

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6. **Your Big Idea:** Becoming an entrepreneur is a difficult task. Many people lose money and faith when starting a business, because it takes years to turn a profit. However, it is not impossible to become a successful business owner. It takes a lot of planning. You must find your niche in the market. Ask yourself, what are you good at and what service can you provide that people need.

Understanding Want Ads (Advertisements)

We will focus on job postings since they are one of the most common methods used to find employment.

In a Job Posting, the employer often lists six things:

1. Title of the job
2. Qualifications needed for the job
3. Salary or wage
4. Schedule of work hours
5. Preferred way to contact the employer: phone, fax, e-mail, etc.
6. Structure of the job, e.g. part time or full time

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Job Posting– Abbreviations

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To save space, job posters often shorten words in ads as follows. You must know what these abbreviations mean to understand the requirements for the job.

Permanent: perm	**Benefits:** bnfts	**Necessary:** nec	**Opportunity:** oppty
Experience: exp	**Temporary:** temp	**Month:** mo	**Part-time:** p/t or PT
Required: req	**Accounting:** acc	**Company:** co	**Schedule:** sch
Full-time: f/t or FT	**Thousand:** k	**Etcetera:** etc.	**Flexible:** flex
Words per minute: wpm	**Hours per week:** hrs/wk	**Preferred:** pref	**Vacation:** vac
Bookkeeping: bkpg	**Salary:** sal	**Hour:** hr	**Retirement Plan:** 401K

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Filling Out a Job Application

Once you have found a job of your liking, you will need to apply for it by filling out a job application. Review the words listed below to become familiar with their meanings, then proceed to complete the application on the following page based on the Want Ad you chose.

Job Application Definitions

Business Reference: Someone who can tell your employer how you performed on the job, for example a former boss or coworker.

Occupation: The job or work you perform.

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Requirements: Skills, knowledge or education necessary for someone to qualify for a position.

Experience: The work skills you have acquired before applying for the job.

Defect: Any illness or problem that could affect your job performance (usually medical reason).

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Employee: You, the person working.

Employer: The boss of the company that hires you.

Qualifications: Special skills, knowledge or abilities that qualify a person for a particular job. They make you a good candidate for the job.

Responsibility Exercise: Job Posting

Directions: Conduct a mock job search by following the steps below.

1. Print out at least five want ads from the Internet. Make sure that these ads are for jobs that interest you. First, highlight the six things employers usually list in a job application:

- Title of the job
- Qualifications needed for the job
- Salary or wage
- Schedule of work hours
- Preferred way to contact the employer, e.g. phone, fax, e-mail, etc.
- Structure of the job, e.g. part-time or full-time

2. Then, list all the abbreviations in each ad and write what each one means. If you find abbreviations you don't know, list them and find the meaning of each one.

3. Now, pretend you are actually looking for a job and choose one of the ads to respond to. Make sure it is a job you like because you will be working with this ad for the next few activities.

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Responsibility Exercise: Your Résumé

Résumés are a widely-used tool in the business world. Learning to prepare one can enhance your ability to landa great job. Although a résumé may not be necessary for entry-level positions, it is still a nice touch that can helpset you apart from other job applicants. A résumé should give an employer an overview of your qualifications.It must include your education, skills, work experience, activities and interests. This exercise will assist you todevelop your very own résumé, which will help employers assess whether or not you are a suitable candidate.

Directions: Circle the words from the list that accurately convey the special qualities that you possess. (Use a dictionary to define any words that you do not know.) Use these words as you create your résumé.

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Capable	Diligent	Sincere
Competent	Fast learner	Hard worker
Loyal	Intelligent	Committed
Professional	Candidate	Team-player
Ambitious	Employee	Creative
Self-motivated	Manager	Disciplined
Reliable	Responsible	Respectful
Trustworthy	Punctual	Cooperative

Résumé Basics

Below is a list of the basic information usually found in a résumé. While résumé styles may vary, these sections are always included:

1. **Contact information:** Give your full name, address, phone number with area code and e-mail address at the very top of the résumé. Use only a professional e-mail address, so avoid names such as pimpin99@anywhere.com.

2. **Job Objective:** State the job for which you are applying. Be sure to change this information as you apply for other positions.

3. **Work Experience:** List your work experience starting with the most recent job. Include volunteer work if and when it relates to the position for which you are applying.

4. **Education:** List the schools you have attended and the diplomas and degrees that you have earned. If you are still in school, list it as "In progress."

5. **Honors and Activities:** Include any honors or awards that you have received or activities that you have participated in that relate to the job for which you are applying.

6. **Special Skills and Abilities:** Identify any skills and abilities you gained in school, on the job or in any other situation. If you have completed special training and received a certificate, you may include it as well.

7. **References:** If your résumé is short, you may include references. If not, state that they are available upon request. Now, let's take a look at a sample résumé on the following page.

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Chapter 4: Integrity

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> "Integrity is the essense of everything successful."
>
> —*Richard Buckminster, Architect and Engineer*

Integrity: The Fourth Degree of Manhood

No two men are exactly alike, but men often share a great number of similarities. Though there is much diversity throughout the world, there are common things that most cultures accept – be kind to others, honor your family, and do not harm an innocent person. These morals are shard by people throughout the world and are classified as Integrity—our Fourth Degree of Manhood.

We have discussed morals earlier in this book, and now, we will take it one step further. We will put these morals into action. In this chapter, you will be asked to examine what it means to have morals and stick to them. This is known as having integrity. Most people claim to have values and morals, but judging from the problems in the world, it's clear that not everyone practices those beliefs.

Morals are a guide to make it through day-to-day life, but a guide can only show the way. It is up to each individual to follow the guide and use his integrity to steer himself toward the right path.

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In•teg•ri•ty *n* - Adherence to moral and ethical principles; soundness of moral character

Integrity = Honor + Morals

A man of great integrity is a man of honor. He is a person who is noble and stays true to his morals. Though he may have the occasional slip-up, he builds credit in the community for his exemplary behavior. That history of honorable actions leads others to respect him.

The path to becoming an honorable man contains three stages:

1. **The man first recognizes his value.** A strong sense of purpose inspires him to respect his mind, body and future by abstaining from premarital sex, drugs and crime.

2. **The man defines his morals and role models.** Based on his personal experience and behavior of other respectable people, he crafts a set of values that serve as a guide in his day-to-day life.

3. **The man lives according to what he deems honorable.** His actions almost always showcase his values and integrity. There is no contradiction between what he says and does, which inspires others to respect him.

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Hon•or *n* - High public esteem; honesty, fairness, or integrity in one's beliefs and actions.

Integrity Scenario: No Harm in a Little Joke?

Direction: Read the scenario below and answer the questions that follow.

Scenario:

D'Shawn and Timothy have been best friends since middle school. They were known as the class clowns because they always played practical jokes on other students and made wisecracks during class. They once pulled a hoax so big, the principal threatened to punish the entire school until he found out who was responsible. Someone told on D'Shawn and Timothy, and the two boys were suspended and missed out on the class trip to Busch Gardens.

By the time he got to high school, D'Shawn had learned his lesson. Being suspended from school and stuck in the house while his friends enjoyed a great vacation was enough to teach him that joking around isn't always the best option. He planned to start high school with a clean slate and leave the horseplay for after school when he hung out with his friends. However, nothing changed for Timothy. He was still the same troublemaker who was quickly graduating from childhood mischief to dangerous activity.

One day, Timothy approached D'Shawn and let him in on his plan. "The next time we have a fire drill, I'm going to hide in the bushes and start shooting people with a paintball gun," Timothy said. "The red paint will make people think they've been shot for real. All I need is for someone to pull the fire alarm. You want to help me out?"

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Integrity Scenario: No Harm in a Little Joke? continued

1. D'Shawn likes having Timothy as a friend, but he doesn't want to get in trouble again. What should D'Shawn do in this situation?

2. What could happen to D'Shawn if he goes along with this prank?

3. Besides punishment, what could be the outcome if Timothy pulls this prank?

4. Would it be honorable for D'Shawn to refuse to help but do nothing?

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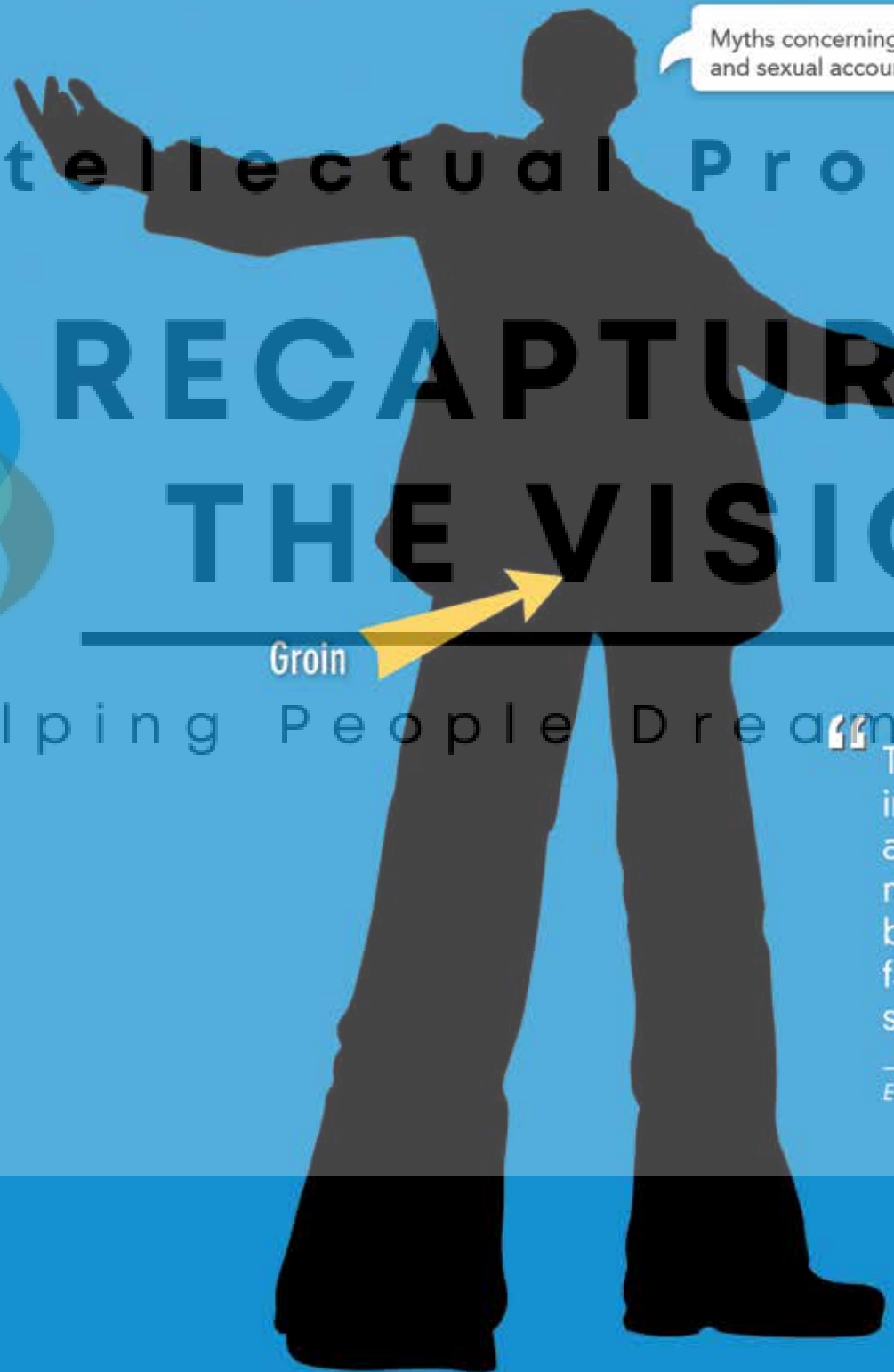
Chapter 5: Self-Control



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"The most important attribute of a man as a moral being is the faculty of self-control."

—Herbert Spenser, English Philosopher

Self-Control: The Fifth Degree of Manhood

We begin to learn self-control as children when we learn to respond to "no" and a host of other do's and don'ts. This process continues to develop throughout maturation into adulthood. As we mature, self-control becomes the will within us to do what we know is right. It controls our behavior. Despite its importance, self-control is a difficult concept for many to grasp. As humans, we are inclined to act on our emotions and desires for instant gratification rather than doing what is best in the long-run. This can include acting on impulse, giving in to temptations or indulging in other self-destructive behaviors, abusive relationships or drug and alcohol abuse. A lack of self-control in your daily life will eventually catch up with you if it hasn't already.

Self-control starts when you recognize the importance of resisting temptation. However, as your desires develop, you may cease to heed those no's and do not's as you should. Self-control is that trait that will keep you in the right lane. It will cause you to heed those warning signs and avoid doing things that will hurt you in the long run. How many men love their families but may put it all on the line when faced with the temptation of another woman? Self-control allows a real man to maintain his composure and avoid that fling. A man is able to resist because he knows what he values most: preserving his family and all he and his wife have built.

Suppose that you wanted a certain pair of tennis shoes but did not have the money to buy them. A man without self-control may stoop to steal to get what he wants, or spend money allocated for something more important. You must resist that urge. Practice self-control and remain honorable. Criminal behaviors as such can jeopardize your future.

In the pages of this chapter, we will explore the different aspects of self-control and various consequences that can occur when you fail to practice it. You will discover how the wonderful power of self-control keeps you on the right path.

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Self-Con•trol *n* - Restraint exercised over one's own impulses, emotions, or desires.

Self-Control Exercise: Rate Your Self-Control

Directions: Let's take a moment to examine your level of self-control. Answer the following questions to determine your level of self-control. Circle your answer based on the following scale:

1 – Strongly Disagree, 2 – Disagree, 3 – Agree, 4 – Strongly Agree

Relationships

I do not feel the need to have sex right now	1 2 3 4
If a girl comes on to me, I can't resist temptation	1 2 3 4
I might cheat, but only if we aren't married	1 2 3 4
I am able to control my anger	1 2 3 4

Morally

I try not to steal from others	1 2 3 4
If I can't afford cable, I'll get an illegal box instead	1 2 3 4
I only lie if I really have to	1 2 3 4
I don't think lying is a big deal	1 2 3 4

Mentally

I think positively	1 2 3 4
I am motivated to achieve my goals	1 2 3 4
I stay focused on my goals at all times	1 2 3 4
I give up if something is too hard	1 2 3 4

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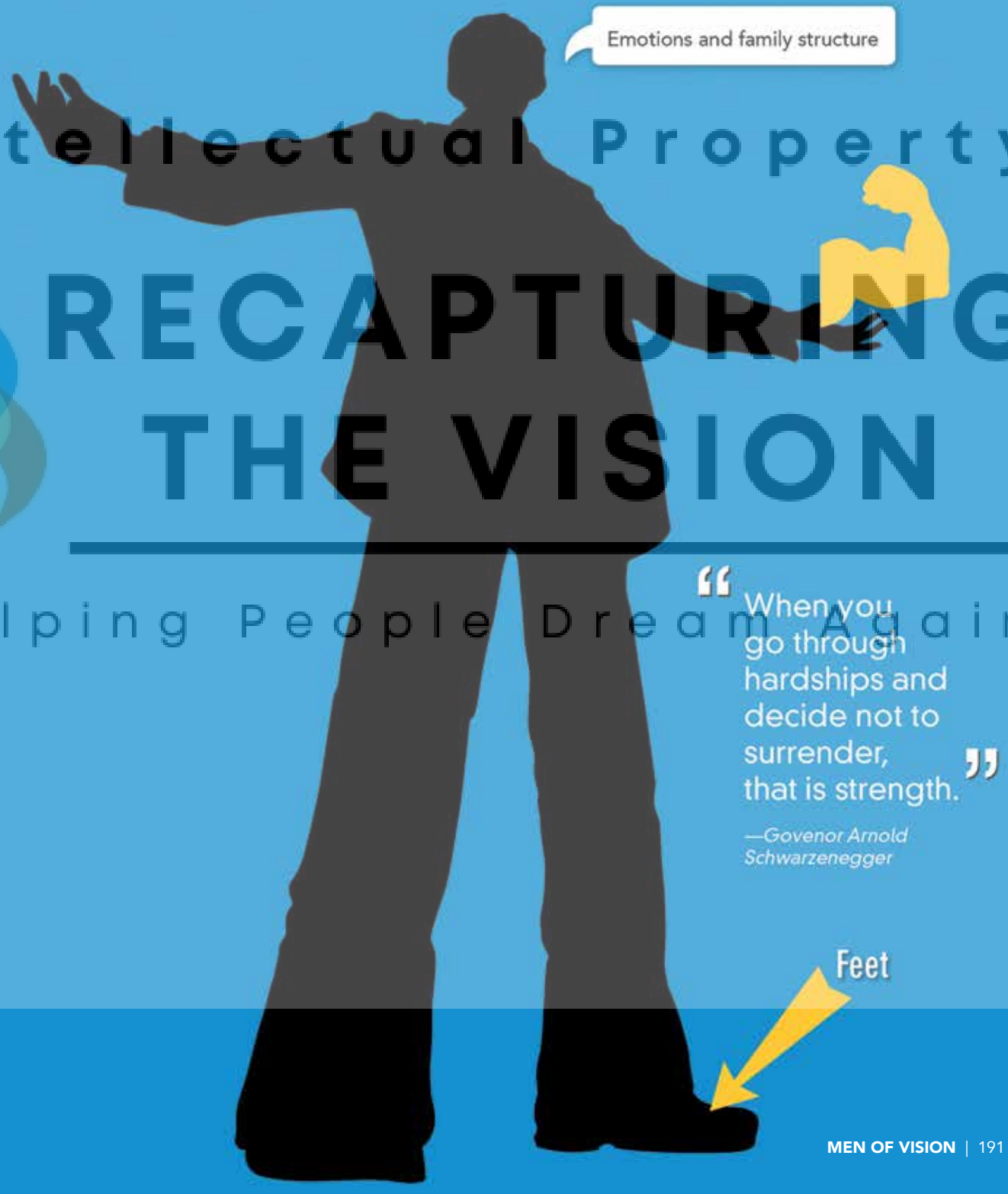
Chapter 6: Strength & Endurance



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"When you go through hardships and decide not to surrender, that is strength."

—Govenor Arnold Schwarzenegger

Strength & Endurance: The Sixth Degree of Manhood

Being a man is not easy. There will be many things in life to impede your progress. You have started on a journey that is almost complete. We have now arrived at one of the most critical degrees of manhood: Strength. Strength will help you gain endurance to get to the finish line on your journey to becoming a man.

The greatest test of manhood is endurance. By definition, a man who has endurance has the ability to continue despite fatigue, stress or other adverse conditions. This means no matter how hard and troublesome the road may appear, he is able to travel it. A strong man does not have all the answers. He has failed several times. His strength is mandated because he picks himself up and continues toward his goal until he is successful.

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You have built your character, now it is time to build your strength and endurance.

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Strength *n* - The possession of mental power, force or vigor; moral power, firmness, or courage.

En•dur•ance *n* - The ability or strength to continue or last despite fatigue, stress, or other adverse conditions.

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Strength & Endurance Scenario: Can Urban Mike Make It Work?

Directions: Read the scenario below and answer the questions that follow.

Scenario:
"Urban Mike," as he likes to be called, has dropped out of school figuring that he will have more time to pursue his rap career. He is so certain that he will succeed that he is fearless until he realizes that there are a thousand wannabes out there and that studio time costs a lot of money.

These discoveries cause Mike to shift gears and go after the NBA career that he thought that he could fall back on. Unfortunately he is left down and out. Mike learns that it's hard to get scouted outside of school. Typically, the pros scout players from college for the NBA. It seems that his decision to drop out may not have been the path to his dreams.

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1. What are Mike's options at this point?

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2. How must he apply strength and endurance to achieve success?

3. Where do you see Mike's future going?

Strength & Endurance Exercise: Leaders are Made

Directions: Leaders are usually born out of challenges. Look around you and identify a problem that upsets you. In the space below come up with a plan for how the problem can be address and resolved. Be detailed and provide a clear explanation of the problem and the specific steps that you will undertake to fix it.

1. The problem is:

2. My end goal is to:

3. Steps to resolve:

Step 1

Step 2

Step 3

Step 4

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Chapter 7: Love & Commitment

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"Success is largely a matter of staying committed when others have let go."

—William Feather, Author Publisher

Love & Commitment: The Seventh Degree of Manhood

As you enter this chapter, our focus will be on love, the 7th and final degree of manhood. What is love? Love is an abstract concept. It can be summed up in the simplest terms as a choice and a commitment to your wife and children. You must choose to build a relationship that is more than infatuation. There must be a commitment to promise to strengthen that bond.

The notion of love seems misunderstood in popular culture. Television confuses love with lust, sex and bubbly emotions. Lust is the uncontrollable drive for sex. It is usually vulgar and visual not based on emotion or a sense of commitment. Lust will drive men to do unsightly things to feed the appetite of lust. Porn, strip clubs, prostitutes and a host of other illicit sexual acts are its fruits. Men who are bound by lust can not usually remain true to one woman because their perceptions of women are based on a figment of their imagination.

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When you mention love, the emotions come to mind of a giddy person who can not eat or sleep. When you fall in love, there is an actual physical effect to the human body. People describe the feeling of elation, joy, giddiness and a strong sense of emotion. However, this emotion is not the evidence of love. Typically these feelings can fluctuate over time and without a strong foundation these emotions can ultimately be lost.

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Often times, young people experience these feelings and mistakenly equate them as evidence of love. However, love and infatuation produce the same feelings. Here's how you can tell the difference; Love is based on true experience and knowledge gained through interacting with the person, while infatuation is based on daydreaming. It's what results from thinking on that person and seeing the two of you interact in your mind's eye. Infatuation will not stand up under relationship pressure and can disappear in one day. Love, on the other hand, stands the test of time and despite an argument or break up it lasts and does not fade away.

Commitment is a choice to dedicate yourself. The problem with most relationships today is that no one honors their commitment. When the chips are down they flee, instead of staying to make it work. Make no mistake, being committed takes work. You must move past the emotions and feelings to get to the bottom line: WE. Let me clarify, "it's me and you against the world," not me and you against one another. Your determination to remain committed is useless unless it is met with someone who shares the same standard.

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In this chapter you will learn what it means to love and be committed. We will confront serious issues that could wreck your family if left unchecked. By dealing with these issues now, you'll see that building a healthy relationship and marriage can help your home stand strong for years to come.

Love *n* - Affectionate devotion; warm liking or affection for another.

Com•mit•ment *n* - To commit oneself to a promise or a course of action; fulfill a promise made to others.

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Lust *n* - Intense sexual desire or appetite.

Sex *n* - To engage in sexual intercourse.

For a relationship to work

you must have love and commitment

Did you know that marriage is actually good for you?

Here are just a few of the Benefits of Marriage…

Marriage, the union of one man and one woman, is a personal, but not private, relationship with great public significance. Marriage is good for the couple; it is also provides the optimal conditions for bearing and raising children. Marriage makes an essential contribution to the common good. Some specific benefits are identified below.

Marriage and Health

- On average, husbands and wives are healthier, happier and enjoy longer lives than those who are not married.
- Men appear to reap the most physical health benefits from marriage and suffer the greatest health consequences if they divorce.
- Married mothers have lower rates of depression than single or cohabiting mothers, probably because they are more likely to receive practical and emotional support from their child's father and his family.

Marriage and Wealth

- Married couples build more wealth on average than singles or cohabiting couples.
- Married men earn more money than do single men with similar education and job histories.
- Married women are economically better off than divorced, cohabiting or never-married women.

Marriage and Children

Children raised by their own married mother and father are:

- Less likely to be poor or to experience persistent economic insecurity
- More likely to stay in school, have fewer behavioral and attendance problems, and earn four-year college degrees
- Less vulnerable to serious emotional illness, depression and suicide
- More likely to have positive attitudes towards marriage and greater success in forming lasting marriages

Marriage and Crime/Domestic Violence

- Married women are at lower risk for domestic violence than women in cohabiting or dating relationships.
- Boys raised in single-parent homes are more likely to engage in criminal and delinquent behavior than those raised by two married biological parents.
- Married women are significantly less likely to be the victims of violent crime than single or divorced women. Married men are less likely to perpetrate violent crimes than unmarried men.

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Marriage and Society

- The institution of marriage reliably creates the social, economic and affective conditions for effective parenting.
- Being married changes people's lifestyles and habits in ways that are personally and socially beneficial. Marriage is a "seedbed" of prosocial behavior.
- Marriage generates social capital. The social bonds created through marriage yield benefits not only for the family but for others as well, including the larger society.

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Finding the Right Mate

Choosing a mate is one of the most important decisions that you will make in your life. Escalating divorce rates are an indication that many people are not making the right choices when it comes to choosing a spouse. Nor are they prepared to stand by their commitments. Marriage is about much more than love and goose bumps; it is about a life-long commitment to your partner. Like your friends, your spouse must share your morals, values and direction in life. After all, how can two travel together if they don't agree on a direction? Therefore, you must choose a mate who is worth the wait.

Avoiding the pitfalls of an unhappy marriage or divorce begins with knowing what you want in a mate. Finding the person of your dreams is not so hard once you are able to define your ideal mate. The following activities will provide an opportunity to think about how you will pursue a mate as well as the characteristics you want in a spouse. You will create a blueprint that will help you identify them when the time comes.

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Choosing a mate is one of the *most important decisions* you will make in your life.

Love & Commitment Exercise: Finding the Right Mate

Directions: Create a picture of your ideal mate. Then create a narrative using the descriptions on the following pages and your own preferences to describe her appearance, personality and mindset. Explain why she is your ideal mate.

My Ideal Mate

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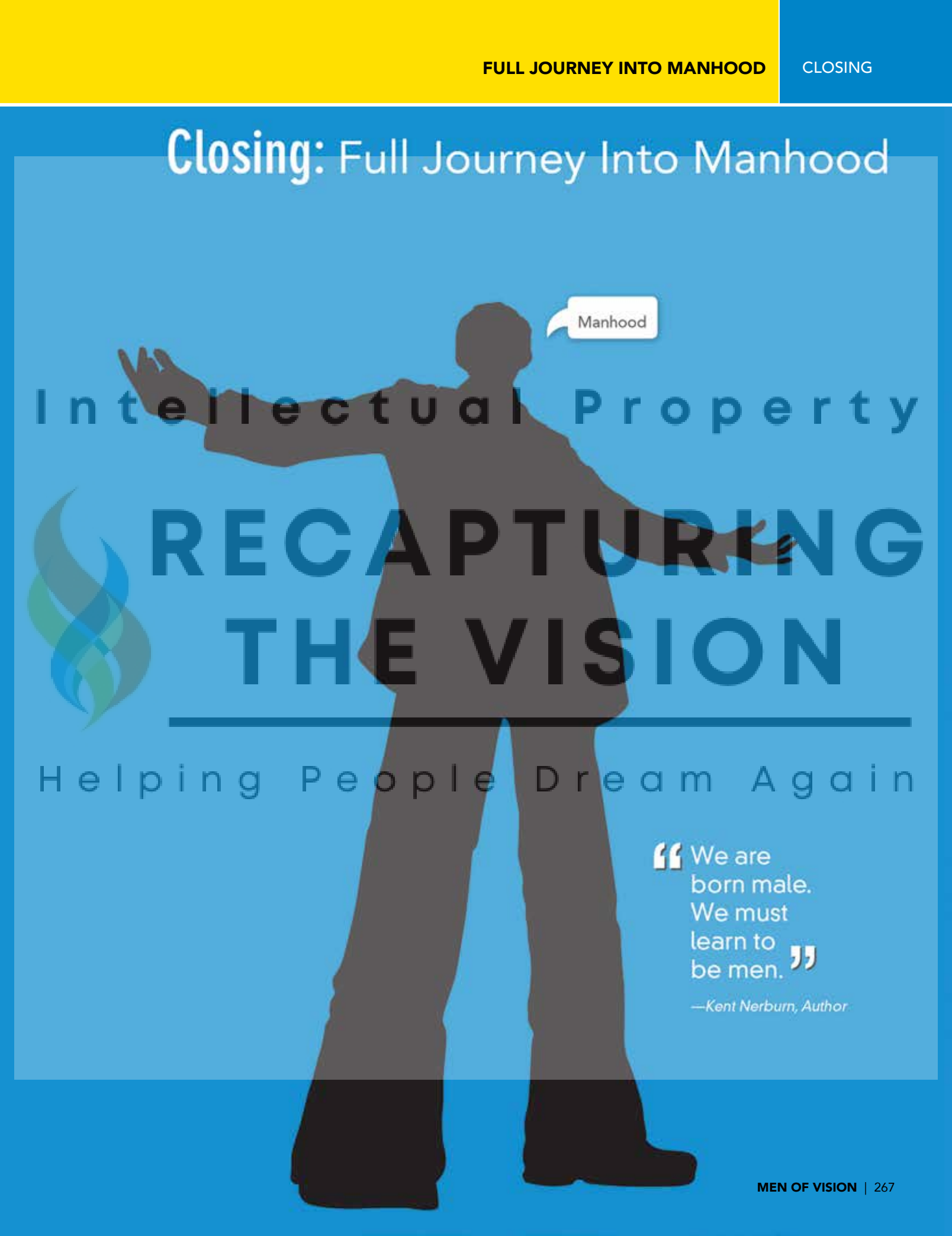
Closing: Full Journey Into Manhood



Closing Exercise: Looking Back

Now that you have taken the full journey into manhood, let's reflect on some of your initial beliefs and perceptions.

In the introduction, you were asked to review the profiles of several men and decide who you relate to most. Now that you have seen the paths taken by Urban Mike, Clean Cut Clyde, Slick Will, Blue-Collar Joe, and Corporate Tony, do you still feel that way? Are you committed to your initial selection or has this journey reshaped your direction and outlook on life.

Directions: Answer the following questions.

1. Who did you initially relate to the most and why?

2. Do you still feel this person best represents you?

3. Do you want to follow the same path as this person?

4. What steps will you take in the future to ensure that you do or don't end up in the same situation as the person you selected?

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