

# REAL MEN DO CHORES

Welcome,

Your wife needs you. Your children need you. Just being "present," even providing an income, isn't enough. But, not for the reason you might think.

The real reason for you to step up is for yourself. God has given you many talents, skills, and responsibilities. You can either do your very best to live up to those and honor your Creator, or you can let them go slack. You know what happens in the second scenario. It feels horrible.

If you want to be the man that God created you to be, if you want to become a strong man whom your wife is attracted to and your children look up to, and if you want to one day stand tall before Our Lord, it's time to get to work.

Don't worry though, we'll do this man-style.

Michael Jaquith

## Identify your "Why"

1. What do you think of the guy you see in the mirror?:

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2. Describe your level of respect for yourself:\_\_\_\_\_

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3. Describe your level of self-love:

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4. How would you present yourself differently if you both loved and respected yourself?

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5. How will doing chores help this?

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## Make a Plan

1. Identify one particular chore you want to start with: \_\_\_\_\_
2. Put that on the calendar at the frequency you want.
3. Invite your wife to start the first five minutes of the first one
4. Schedule a after-action review with your wife
5. Note down three things you did well: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Note one thing you can do better:  
\_\_\_\_\_
7. What's the next chore you want to tackle? Make another plan!