



MANTORSHIP

MANIFESTO

BY EVAN SEINFELD

V. 1.0



I AM A MAN

MANTORSHIP MANTRA

I AM COMMITTED TO WALKING THE PATH OF SELF DEVELOPMENT
AND BEING THE BEST VERSION OF MYSELF.

I ACKNOWLEDGE THE VALUE OF MY AUTHENTIC SELF.

I AM STRONG, I AM CONFIDENT AND I AM FREE TO BE MYSELF IN
ALL SITUATIONS.

WHEN SELF DOUBT CREEPS IN, I WILL REACH OUT TO MY BROTHERS
IN MANTORSHIP TO LIFT ME UP.

TIME IS MY CURRENCY. LOVE IS MY INTENTION.

WHILE I KNOW IN MY HEART I AM STRONG, I ACKNOWLEDGE WE
ARE STRONGER TOGETHER, AS A COMMUNITY, IN BROTHERHOOD.



TABLE OF CONTENTS

I. THE MANTORSHIP MOVEMENT

II. MANTORSHIP CULTURE

III. MANTORSHIP PILLARS

IV. MANTORSHIP MEETING FORMAT & GUIDELINES

V. THE MANTORSHIP PROGRAM OF ACTION

VI. MANTORSHIP RITUALS

VII. 'HOW TO' MANTORSHIP

VIII. MANTORSHIP READING LIST

IX. MANTORSHIP FAQs



I.

THE MANTORSHIP MOVEMENT



Mentorship is a movement.

Our Brotherhood has created a safe space for men to support each other as we adopt a new transformative way of living based on becoming mindful, conscious, present and connected to our truths. It's our mission to be a catalyst for a global shift away from toxic behaviors that keep men from reaching their full potential of connecting to their true purpose, passion and deepest desires.

Mentorship's belief is that we can shift our perspective with mindset hacking to elevate our lives to new heights by practicing gratitude, acknowledging that time is our currency and embracing new ideas like the beauty of impermanence.

Through a combination of offerings like Mentorship's transformational program, our Circle of Brotherhood meetings, creating new positive rituals with passion and discipline, learning new skills and living in alignment with the Pillars, Mentorship empowers us to take on the commitment of becoming better men. The men of Mentorship are having life breakthroughs as we each engage in honest introspection, are held accountable to our plans, and are provided with guidance and support from our fellow Brothers.



It's no secret that so many of us men are living our lives in misery, yet feel pressured to portray a false sense of happiness and strength to appease the people around us. This is demonstrated by the fact that men account for 80% of the global suicide rate. Mantorship is committed to changing this narrative by encouraging men to adopt open-hearted sharing, and offering tools and resources to keep men from reaching the point of desperation where they take their own lives, harm themselves or others.

Mantorship provides us men with a safe space to be vulnerable. To share our feelings, fears and insecurities that are often buried deep inside. By bringing these emotions to the surface in the company of Brothers, we can begin the work required to transcend them. We men of Mantorship work inwardly and outwardly to embrace new concepts, ideas and perspectives, leading to living richer, fuller lives.

This manifesto is ground zero as an all inclusive place for men to begin the journey of transformation into their best selves. We are all one second away from changing our life. We just need to find the courage, confidence and self belief to do so.

“

**It's Time to Take Action and
Let Your Evolution Begin.**



II.

MANTORSHIP CULTURE



Our society has conditioned men to believe that asking for help is a sign of weakness.

The reality is that nothing could be further from the truth. Asking for help and acquiring the knowledge and information needed to move forward in life is the ultimate empowerment and catalyst for growth. Mantorship is here to normalize and encourage men becoming comfortable to ask for this much needed help. Our culture is one of honesty, transparency and love.

Mantorship Terminology:

1. What is Mantorship?

Mantorship is a community of men committed to living fuller, happier lives through rigorous honesty and self development.

2. What are the criteria for joining Mantorship?

The only requirement besides being a man is having a deep desire to improve yourself and the quality of your life.



3. What are The Pillars of Mantorship?

The Pillars of Mantorship are helpful guidelines for mindful living, as well as a general code of ethics to help men practice mindfulness and become more self-aware.

4. Does Mantorship have religious affiliation?

Mantorship has no opinions on religion or where any man finds his faith. We believe that faith is the opposite of fear and faith is essential to any and all personal development and growth. Mantorship is a total mind, body and spirit program. Logic is important but to fully immerse yourself in the program, it is imperative that you have faith in something, whether faith in higher power, God, source energy or however you connect to a power greater than yourself. For those of us who do not have conscious contact with a higher power, Mantorship offers the idea of the divine universal power of love.

5. What is the circle of Brotherhood?

The Circle of Brotherhood is a meeting - either face-to-face or online - that gives us a safe space to share freely and receive constructive feedback about our most sensitive issues.

6. What is a Brother?

A Brother is a member of Mantorship and is committed to improving his life and living in alignment with the Pillars of Mantorship. Brothers in Mantorship stay committed to our purpose and passion while showing up for family and community and each other. Brothers help each other stay accountable, disciplined and centered in our truth.



7. What is a Mantor?

A Mantor is a hybrid of a coach and a mindful guide. He takes on the responsibility to provide leadership, accountability and support to Brothers inside Mantorship, and he is willing to share his experience and perspective.

8. What are Accountability Partners?

An Accountability Partner is a Brother who agrees to help another Brother hold himself accountable for making positive life changes. Accountability Partners are also known as Backups.

Example: A Brother is struggling with procrastination when the time comes to go to the gym. He will ask a Brother from a local or online meeting to provide daily check-ins at a specific time to ensure he stays true to his intention.

9. What is The Mantorship Program of Action?

The Mantorship Program of Action is a guide for putting yourself on a path of lifelong self development. It's designed to help you become the best version of yourself spiritually, physically, mentally, and emotionally.

10. What is meant by the path of self development?

The path of self development is a lifestyle that acknowledges the fact that our lives are works in progress. It embraces the notion that there is no actual destination in life, but that it is instead a never-ending journey. The goal is to walk the path to the best of your ability by aligning your time and actions with your passions, purpose and intentions.



11. What are rituals?

Rituals are practices employed in life with consistency and discipline to affect change in ourselves. Some of the rituals regularly practiced in Mantorship are meditation, gratitude, affirmations, yoga, fitness, reading, journaling and sharing honestly with other men.

12. What is the Mantorship Mantra?

The Mantorship Mantra is a pledge we recite as a commitment to be honest and authentic with ourselves and our brothers. The Circle of Brotherhood is a chain of strength that is only as strong as its weakest link. The Mantorship Mantra binds the community as we strive to live by the mindful guidelines laid out in The Pillars of Mantorship. It encourages you to spend your time intentionally in alignment with your purpose, passion, and healthy rituals.

13. What is the Mantorship code of honor?

By stepping into a Circle of Brotherhood or reciting the Mantorship Mantra, we accept, respect and live by the Mantorship Code of Honor. The Code of Honor is our commitment to showing up and doing the best for ourselves and our brothers.

14. What is a safe container?

A safe container is a secure space - either in-person or online - where we are free to share feelings, fears, worries, problems, desires, or shameful thoughts with the intention of receiving constructive feedback without fear of judgment or having our confidentiality violated.



15. Why should I join Mantorship?

Mantorship will give you permission to be vulnerable and honest with yourself in the presence of a supportive community. It is a toolkit for growing into your best self with a sense of camaraderie that you may not have yet experienced. Many of us grow up with the idea that to be vulnerable is weak.

The truth is that it takes true strength to open your heart and ask for help. Mantorship says that it is okay to ask for help. So many of us men don't share our feelings, and for many of us, 'holding it in' is a ticking time bomb that often ends in addiction, toxicity, suicide, violence, mental health issues or other detrimental habits. Joining Mantorship gives men the space to get support from their peers around the world and alleviate the idea that any of us are alone with our problems.

16. What is a ManScore?

The ManScore is a snapshot of how satisfied we are with our lives. We use the ManScore as a metric for tracking our personal growth and motivating ourselves to live in alignment with our deepest desires.



III.

THE PILLARS OF MANTORSHIP



- 1.** To be completely honest with ourselves at all times in all of our affairs, especially about the lives we truly want
- 2.** To identify, define and pursue our purpose and passion in life - making sure that our precious time is being spent in alignment with our intentions.
- 3.** To acknowledge that time is our currency. It is finite and must be spent with great intention.
- 4.** To put our lives on a path of self development, utilizing daily rituals like meditation, exercise and affirmations to become the best versions of ourselves.
- 5.** To live in gratitude by keeping a gratitude list and reading it out loud daily. Our lives are a gift, as is today, so we treat them as such. Reciting our affirmations out loud in the mirror allows us to connect with our positivity and strength, and overcome self-doubt.
- 7.** To be present by acknowledging that we are not our thoughts, we are not our pasts, and no future is promised. There is only this moment and it's our responsibility to make it count.
To practice non-judgment. Negative talk about others reflects fear and insecurity, and lowers our vibration.
- 8.** To live in forgiveness because we understand that resentment only hurts us. By forgiving ourselves and others, we can be free.



9. To maintain a positive mental attitude and learn to see the good in all things - even seemingly terrible things. It's our responsibility to change our perception by learning to manually adjust our perspectives to see the bright side of any situation.

10. To embrace the beauty of impermanence by practicing non-attachment - remembering that anything we put before our own freedom and happiness we stand to lose. We strive to be grateful for all experiences, no matter what.

11. To embrace the power of change. We must learn to let go of the fear of the unknown and trust in ourselves and the universe that all change is good. It is through life challenges and adversity that our true growth takes place.

12. To focus on what we can do and not what we can't do. We understand that focusing on the things outside our control is an exercise in futility and frustration.

13. To be of service and be as generous as possible in all our affairs. We understand that generosity builds confidence, spreads love and raises our vibration.

14. To practice living without expectations. We understand that placing expectations on others sets us up for disappointment. By living without expectation, we accept that all things are as they are, and not how our ego thinks they should be.



15. To remove ourselves from all toxic situations. Anything in our lives that is causing pain or discomfort and no longer serves us is standing between us and our happiness.

16. To act decisively in all our affairs and without procrastination. Very often decisions we don't make get made for us. When we are in analysis paralysis and overthinking things, the guarantee is that by taking no action we will achieve no desired results.

17. To practice self-compassion and not be so hard on ourselves. We are all humans and make mistakes. What's important is that we learn from our mistakes rather than repeating them again, and again.



IV.

MANTORSHIP MEETING FORMAT & GUIDELINES



The purpose of the Mantorship Circle of Brotherhood is to create a safe, confidential container for us men to be vulnerable without fear of judgment.

Through open and honest sharing, we form deep connections between like-minded men with a common commitment to living life along a path of self development.

The circle of brotherhood is a chance to not only share our hopes and dreams, triumphs and defeats or fears and problems, but to receive honest, constructive feedback, accountability and support from other men in the circle. In Mantorship's community of mindful warriors, we acknowledge that regardless of our age, race, country of origin, economic status, careers, experiences or backgrounds, we are all much more alike than we are different! It's our hope that every brother leaves a circle with some realization, breakthrough, or desire to make a positive change in his life.



FORMAT

Every meeting begins with the leader setting a topic of interest. From there, each of us in the Circle are invited to spend a few minutes freely sharing our own perspective, fears, and challenges surrounding the topic. As each man finishes his share, the group has a few minutes to provide him with fresh perspectives, insights and support.

The meetings are weekly and run from 1- 2 hours with the following format:

- ✓ Meeting Open
- ✓ The Meeting leader reads a selection from Mentorship literature
- ✓ We have a breathwork / meditation moment, which is led by the Meeting Leader or a volunteer
- ✓ Each Brother introduces himself
 - The following criteria are highlighted: Name, age, where you live, where you are from, and either your primary purpose, your primary passion or how you are currently feeling - as briefly as possible
 - Example: I am Evan. I am a Man, I am 55 years experienced. Originally from Brooklyn NY by way of 20 years in Los Angeles, I currently live in Tulum, Mexico. My purpose is Mentorship and helping men get their lives on track, My passions are love, music and community



- ✓ The Meeting Leader shares the topic for the circle and asks for a volunteer to be the Timekeeper
 - Based on the number of Brothers in attendance, the Timekeeper will let the Circle know how many minutes each brother has for sharing.
 - The idea is to keep each share/feedback time around two to three minutes with equal time for constructive feedback. Depending on how many men are in the circle and how much time is allotted, all Mantorship meetings can be stretched or condensed to the time as needed.
 - The Timekeeper will give the person sharing a 30 second heads up that their time is closing and they should finish their thought. It's important that the time limits are respected.
- ✓ The Meeting Leader will call on the first person to share and from there we will go around the circle clockwise.
- ✓ Once everyone has had their turn to share, the Meeting Leader will read the closing statement and ask the Brothers if they have any announcements to make. Afterward, he will thank each Brother for their time.
- ✓ All the Brothers will form a huddle and recite the mantra one line at a time, as led by the meeting leader.
- ✓ Meeting Leaders will encourage everyone to “continue the conversation” offline, by exchanging contact information and further building our support network.



MINDFULNESS

- ✓ Please show respect to the group by showing up on time or a few minutes early. The meeting will begin within five minutes of the scheduled start time, so if you're forced to arrive late, please respect the container and take your seat quietly.
- ✓ If you need to step away for a bathroom break, avoid attracting attention to yourself upon your departure / return.
- ✓ Please don't go beyond a few seconds past the end of your time out of respect for our brothers and the value of time itself.
- ✓ To avoid unintended distractions, in-person attendees should place their devices on silent and online attendees should avoid typing in the chat during people's shares (wait for feedback).
- ✓ Online attendees should keep their microphones muted unless sharing or offering feedback. After giving feedback, they should immediately mute themselves again.
- ✓ Online attendees are encouraged to actively listen - giving their undivided attention to the meeting with their camera on. If you are engaged in activities not germane to the ongoing Mentorship meeting, it's best you keep the camera off.
- ✓ If you have a thought about what is being shared, do not interrupt. Instead, make a note in your notebook for the feedback section or after the meeting.



PARTICIPATION

While it's normal to feel pressure or anxiety when trying to jam huge life discussions into a few minutes, remember that the Circle is just the beginning of the conversation. Our container is designed for you to connect on a deeper level with other men and continue having these integral conversations outside the meeting space.

We recommend sharing from your heart, more than your thoughts. This is your safe space to share about your feelings. The less ego you involve and the more open and honest you are, the more you will find deeper connections and points of relation with other men. Each attendee should make every effort to give the person speaking their undivided attention and refrain from side conversations or looking at their phone.

Mentorship is about looking inwards and therefore, we have no opinions on outside issues. We are not here to judge or blame people / places / things outside of Mentorship for our troubles.

Please refrain from referring to controversial issues such as politics, religion, or other controversial or hot-button topics. This is a judgment-free zone and people's personal affiliations can be divisive and work against our common goal to find authentic areas of relating with each other, so we focus on our similarities rather than our differences. People making inappropriate comments or pushing agendas will be warned once by Meeting Leaders and then removed permanently from Mentorship if there is a second incident.



The internet has endless forums for negativity and divisive speech. Mantorship has a zero-tolerance policy for hate speech, negativity, racism, sexism, homophobia, gender discrimination or any other negative or hateful beliefs. Mantorship HQ maintains the right to deem what is and is not appropriate when individual groups can not govern themselves.

TIPS FOR SHARING

- ✓ Mantorship is an inside job. We encourage open-hearted sharing about feelings, internal and external struggles, trauma, fears, experiences, areas of growth and solutions.
- ✓ Please feel free to share all your successes and failures and make sure you are sharing from a place of wholeness rather than ego. This is not a place to brag or compare but instead to inspire one another.
- ✓ This is a safe space so share without fear of judgment. You are encouraged to make use of the full time you're allotted.
- ✓ Men are encouraged to share authentically and vulnerably. A man's share should aim to either: 1) help him align more with his primary purpose 2) overcome specific difficulties 3) alter his perspective about his specific issues.
- ✓ Common themes for sharing can be, but are not limited to: obstacles in relationships, work / business life, family issues, managing troublesome thoughts, mental health, feelings of inadequacy, insecurity or reinvention.
- ✓ Sharing is encouraged but not required. By sharing you get what you put in. Sometimes men just need to listen and identify, men will share when they are ready



TIPS FOR FEED BACK

- ✓ Keep your feedback direct / to the point.
- ✓ Keep your feedback focused on the person who shared.
- ✓ Rather than telling long stories, focus on making concise points that the sharer can make use of.
- ✓ The opportunity to give feedback is not guaranteed and is at the discretion of the Meeting Leader.

MANTORSHIP “CIRCLE OF BROTHERHOOD”- MEETING FORMAT

STEP 1

The Meeting Leader calls the meeting to order, recites the Mantorship Mantra (I AM A MAN), introduces himself and reads ‘What is Mantorship?’ from the Manifesto.

STEP 2

The Meeting Leader chooses a short meditation, breathwork or physical exercise to connect us to each other and bring together the energy and sanctity of the space.

STEP 3

The Brothers go around the circle and introduce themselves, identifying as me, our common thread.

“My name is John and I am a man! I am 42 years old, I am originally from New York City, and my purpose is living my best life while helping others. Today I am feeling (grateful / overwhelmed / anxious, etc)”.



STEP 4

The Leader selects a Brother to read The Pillars of Mentorship aloud.

STEP 5

The Meeting Leader asks for a volunteer or appoints a Timekeeper. The Meeting Leader and the Timekeeper calculate the length of time available for each man's share and feedback and announce it to the Circle.

Example: There are 15 men in the meeting and 90 minutes allocated for sharing. $90 \text{ minutes} / 15 \text{ men} = 6 \text{ minutes per man}$ (Roughly 3 min share and 3 minute feedback)

The timekeeper gives the brother that is sharing a heads up when he has come to the halfway point of his share. It's the responsibility of the Brother who is sharing to wind up his share out of respect for the others in the circle to leave time for constructive feedback, support and identification.

STEP 6

The Meeting Leader sets the topic for the day and all men who would like to are given the opportunity to share. Sharing is optional but encouraged.

STEP 7

After each man's share and feedback the Meeting Leader will ask if the Brother would like to be held accountable for anything.



If the Brother wants to be held accountable for something, then the Meeting Leader will ask for an Accountability Partner to volunteer. If no one volunteers, the meeting leader will select an Accountability Partner at random for the Brother requesting to be held accountable.

STEP 8

After all the men have shared or the meeting time has come to an end, the meeting is closed by the Meeting Leader encouraging all Brothers to join arm in arm as he leads the group through the Mantorship Mantra

STEP 9

Continue the conversation by getting another Brothers contact information. If you are new, reach out to Brothers who have been around for a while. If you heard someone share something that resonated with you, it is our culture to reach out to the Brother to continue the conversation and build your network within the Brotherhood.

STEP 10

Reach out to others and, carry the positive message of Mantorship by inviting friends and coworkers to the Mantorship movement. You never know who is suffering in silence and may really need Brotherhood or just a place to share something that is heavy on their heart.



V.

THE MANTORSHIP PROGRAM



Through brutal honesty with ourselves, the Mantorship culture allows us to align ourselves with the lives we truly want.

Our culture is designed to help us build confidence, define our life purpose, devise plans of action, and receive support along the way. Mantorship is firm on the idea that for our passions and purposes to flourish, we must foster our personal drive and discipline. For that reason, the Mantorship program is a guided, multi-step blueprint designed to align your drive and discipline with your true passion and purpose. Our program serves as a roadmap to living along a path of self development by challenging perspectives and ultimately, leading men along the journey to living their best lives.

The program is executed through eight phases that each include actionable steps designed to deliver a heart and mindset shift. Throughout the program's phases, we introduce key mindset hacking concepts that include:

- ✓ Practicing Non-Attachment
- ✓ Living In Gratitude



- ✓ Embracing The Beauty Of Impermanence
- ✓ Acknowledging The Value Of Time
- ✓ Practicing A Positive Mental Attitude
- ✓ Embracing The Power Of Change
- ✓ Presence Of Mind
- ✓ The Selective Filtering Process
- ✓ Learning To See The Good In All
- ✓ Seeing Life As A Journey, Not A Destination
- ✓ The Importance Of Ritual
- ✓ The Power Of Self Belief

For optimal results, the program is designed to be completed with guidance of a Mantor or support from an Accountability Partner. In addition, we're each encouraged to share the feelings that come up during the process at our Circle of Brotherhood Meetings. The purpose of the program is to actively transform our perspectives, enabling us to take control of our thoughts and consistently show up in life as the best versions of ourselves.



The 8 Phases of the Mentorship Program

PHASE I HONESTY

“Get Real About The Life You Really Want”

Overcoming Fear: Confronting and managing fears and limiting beliefs that hold you back.

1. Make a declaration of commitment to Mentorship. Your declaration means you are committed to walking the path of self development and want to become a better version of yourself. Through this commitment you are expressing a desire to:

- ✓ Live a bigger, fuller and happier life
- ✓ Be more aligned with your truth
- ✓ Get in tune with your passion and purpose
- ✓ Become more disciplined and focused
- ✓ Be held accountable and receive constructive feedback & advice from like-minded men
- ✓ Make commitments and stick to them
- ✓ Rise above procrastination and uncontrollable thoughts
- ✓ Foster a positive mental attitude (PMA)
- ✓ Learn to see things from an abundance mindset
- ✓ Become more present



- ✓ Embrace new ideas
- ✓ Let go of negative thinking and gain a positive perspective
- ✓ Create a plan to work on your mind, body and spirit
- ✓ Tap into the power of vulnerability
- ✓ Learn to become comfortable in your own skin
- ✓ Live authentically from your heart
- ✓ Join a brotherhood of like-minded men committed to living a more mindful, conscious lifestyle
- ✓ Transform fear into love and insecurity into self-confidence

Do you commit to starting this journey? If you're ready to commit, recite the mantra:

- ✓ By saying the mantra outloud to another person, one-on-one
- ✓ Speak it at a Circle of Brotherhood Meeting
- ✓ Post a video on your social media

2. Take the Mentorship Self-Inventory and get your ManScore

3. Adopt the affirmation, "I believe that it is possible to have any life I choose and I believe that to be true"



PHASE II FOUNDATION

“The Deeper The Roots, The Stronger The Tree”

Define Your Vision: Identifying what you truly want in life and setting specific, measurable, achievable, relevant, and time-bound actionable steps.

1. Get involved in a weekly Mantorship Meeting if you are not already a part of a meeting. Meetings can be joined either in person or online To join meetings you have to be a part of the Mantorship WhatsApp group.

2. Select a Mantor from the weekly meeting that you attend. A Mantor will serve as your guide / accountability partner / non-judgmental honest set of ears and a big brother of sorts. Men Mantoring one another is one of the foundational pieces of the Mantorship ethos and culture. We encourage every man that commits to The Mantorship Program of Action to connect with a Mantor and check in with him regularly.

3. Share your ManScore from the assessment that was taken in Phase Honesty and your VisionPlan with your Mantor in the first meeting. If you have any trouble flushing out your VisionPlan your Mantor will assist you. A VisionPlan is where you ideate the life you want to live. That means understanding what you want out of life. The elements of a VisionPlan include: Relationships / Career / Physical Health / Mental Health / Confidence / Fitness / Mindset / Emotional Intelligence / Integrity / Fulfillment / Community / Mindfulness. The purpose of your VisionPlan is to help you define your hopes and dreams.

4. Get an Accountability Partner. Build the foundation of your mindful network by asking at least two Brothers who are also working through the program to become your Accountability Partners. An Accountability Partner is an additional man you can lean on and vice versa as you support each other through life and the completion of The Program of Action.



PHASE III SELF INVENTORY

“Take A Deep Dive Into Your Truth”

Self-Awareness: Understanding your strengths, areas needing improvement, beliefs, values, and emotions.

1. Create the following self-inventory lists:

- ✓ Your strengths, what’s awesome about you
- ✓ The perceived negatives in your life
- ✓ The perceived good and bad habits
- ✓ A gratitude list
- ✓ A list of your fears
- ✓ A list of things you are ashamed of
- ✓ A list of people who you have harmed (in order to make amends)
- ✓ A list of list of people who have harmed you (in order to forgive)
- ✓ A list of your resentments / things you’re angry about
- ✓ A list of your top 10 accomplishments / things you're proud of where you were the best version of yourself -in life, work or with people

Read your list back and write down all the things you would like to address and come up with an action plan with your Mantor.



2. Do an Ego Check assessment with your Accountability Partners.

- An Ego Check assessment is to see how much of what you interpret, the attention or the energy you put into something is stemming from your Ego versus coming from your purpose and ethos of who you want to be.

- An Ego Check Assessment involves having an honest conversation with your Mantor or Accountability Partner about how you show up in life. The conversation details the way you operate, treat people and the way you live. Be honest with how much of your energy and attention is coming from your ego or your heart.

3. Reevaluate your top 10 list, from step 1 in this phase after you complete the Ego Assessment exercise. Review your list without ego and see if your list should be updated.



PHASE IV MANPLAN

“Time To Put A Plan In Place To Live Life To Your Highest Standard”

Developing a Growth Plan: Creating a step-by-step plan for personal growth, including setting goals, learning new skills, and surrounding themselves with supportive people.

1. Do A Truth Quest with your Mantor and your Accountability Brothers to define your true purpose and passion. One of the keys of Mantorship is to question everything, especially your thoughts and your perceptions. Is your life aligned with your highest purpose?

- Do you have a higher calling?
- Is your life currently on autopilot doing repetitions of the same thing or could you be doing much more with the life and the precious time that life has gifted you?

Challenge your understanding of your VisionPlan to see if it aligns with your higher purpose and passion. Based on your new understanding of your purpose you may need to reevaluate your VisionPlan.

2. Meet with your Mantor to create your ManPlan. A Manplan defines the actions needed to be sure that you are living in your purpose and passion is integrated into your daily life.

- The goal is to move past your fear of the unknown and embrace the power of change to constantly strive to do more, be more and live more. Work with your Mantor to map out the steps you need to get there and the changes you need to make in order to achieve your goals and live your best life.



3. Work with your Mantor to define your Mantorship Life Plan by adopting daily rituals that coincide with your ManPlan. Some suggestions include:

- Daily meditation practice (Spend time daily in stillness, listening and connecting with yourself)
- Daily gratitude practice (Create a list of the things you grateful in the current day)
- Daily affirmations (Create a list of positive affirmations about yourself and recite them in the mirror out loud every day)
- Daily reading to expand your mind (Read for 15 minutes a day)
- Honesty check (What are you lying to yourself about? What are you telling yourself that isn't true?)
- Goal alignment (Do a daily check in to see if the actions you are taking every day align to allow you to achieve your goals)
- Time balancing (Are you spending enough time working on your self-development or working on your purpose and enjoying your life?)
- Brotherhood Bonding (Reaching out to Brothers and building authentic friendships)
- Sharing from the heart daily (don't keep your feelings bottled up , make a habit of sharing not only when things feel difficult, but also when things are going great)



- Workout (Whether gym, running, martial arts or however you get your heart pounding, make sure to connect with your body and reach an endorphin state daily.)
- Yoga (Yoga is the active mediation that connects your body and mind through your breath and is suggested as a daily practice.)
- Breathwork
- Ice Bath
- Sauna / Temazcal
- Learn a New Skill
- Journaling



PHASE V ALIGNMENT

“Align Your Actions With Your Intentions”

Building Confidence: Boosting self-esteem and building confidence through self-checks, affirmations, and taking control of what’s best for your life.

Do checks in the following areas of your life:

Time Check

- Are you spending your time in alignment with your purpose and passion? Create a pie chart evaluating the use of your time. Is your chart in alignment with your purpose and your ManPlan?

Company Check

- Write an assessment of the company you keep. Do the people in your life lift you up or bring you down? Adjust your list accordingly.

Relationship Check

- Do the people in your life inspire you to be the best version of yourself? In your current relationships, are you able to be your authentic self? Does your relationship(s) bring you more happiness or more stress and anxiety? Adjust your relationships accordingly

Career Check

- Does your current career allow you space for growth? Or is it keeping you stagnant in life? What steps can you take to elevate your career?



Honesty Check

- Are you being honest with yourself and others in how you live your life? Do you need to address some things to have a clean slate in all your affairs?

Accountability Check

- Where in your life do you need to be more accountable with yourself and others to face your accountability head on?

Confidence Check

- Are you working daily to build your confidence by truly believing you are able to achieve the life you want to live?

Happiness Check

- Are you truly happy in your life? Could you be happier? Are you taking the steps to commit to your true happiness?

Procrastination Check

- Call a brother and tell on yourself - are you stagnating? Are you wasting your own time or seizing the moments to build the life you want?

Decisiveness Check

- Are you currently in limbo? Which deliberate actions can you be taking to be clear in your life?

Attachment Check

- Are you attached to things that are holding you back? Do you recognize the beauty of impermanence? Does the energy you are putting into your current attachments serve your life's purpose?

Life Trajectory Check

- Does your current lifestyle align with your goals? If not, adjust accordingly



PHASE VI APPLICATION

“Do The Work To Get The Results You Want”

Implementing Healthy Habits: Ensure that incorporating healthy habits into your daily routine, such as exercise, meditation, and journaling become part of your lifestyle.

- 1.** Have you applied the actionable goals in your ManPlan to your life? Are you growing and learning new skills? Are you surrounding yourself with supportive people?
- 2.** Embrace the power of change: Where in your life have you applied the power of change?
- 3.** Beauty of Impermanence: Are you constantly assessing and shedding the things that do not align with your ManPlan?
- 4.** Perspective Adjustment: Do you see the good in all things and stay focused on the good only?

These are questions that you should ask yourself daily to ensure that you are mindfully incorporating healthy habits in your life. Healthy habits make healthy men.



PHASE VII PERCEPTION

“Apply Your New Mindset To Your Life”

Mindset Shift: By developing a new mindset, you’ll gain the ability to flow with the universe, cultivate a positive outlook and curate the life you envision.

Do the following self-checks and document your progress at this point in time:

Goals Check

- Where am I with my goals? Am I walking the path of goal alignment?

Thoughts Check

- Identify your unwanted and unwelcome thoughts and recognize that you are not your thoughts. Negative repetitive thoughts are often projections of other people's fear that we carry with us.
- Learn to overcome the negative stronghold of your external thoughts via meditation and other grounding practices.

Taking Things Personally Check

- Learn to take nothing personally. Even when someone intentionally harms you, it’s usually more about them than it is about you. Forgetting this often leads to carrying around unwanted resentments.

Resentment Check

- What is the biggest resentment you’re carrying around right now? What can you do to clear this? Write your resentment down on a piece of paper and burn it to release it symbolically. Remember resentment only hurts you and keeps you from putting your energy into positive things.



Forgiveness Check

- Is there anyone you need to forgive? Similar to a resentment check we want to make sure we are not walking around like we are owed an apology that we will never receive or that have been wronged in some way. When we forgive others that have wronged us, we move out of the role of victim and step into our power. It is powerful to forgive.

Insecurity Check

- In what areas of your life are you feeling insecure? What is your biggest fear? Where do you feel that you are not enough?

- Do the exercise of letting go of your insecurities symbolically by writing them on a piece of paper and burning it. This is a great exercise to do with a few Brothers.

Honesty and Transparency Check

- Can you say you are completely honest with yourself about everything in your life? Call yourself out in front of your Mantor about anything that needs to be addressed.

Negativity Check:

- Where have I been negative towards others?
- Where have I spoken negatively about others?
- Where have I been jealous towards others?
- Where have I been envious towards others?
- Where have I been hateful towards others?
- Where have I been negative about myself?



Gut Check:

- Do I believe in my gut that I am doing the best I can?

Communication Check

- Where am I being misunderstood? What can I change in ME to be better understood?

2. Positive Mental Attitude: Acknowledge the power of having a positive mental attitude in your daily life. Some of the ways to keep a positive mental attitude include meditation, affirmation, gratitude practice, journaling the positive side of everything that you portray as negative, seeing the good in all things and being physically active for a minimum of one hour a day to keep your endorphins high.

When we catch ourselves in a negative cycle we must first recognize what changes we can make within ourselves to keep us at peace.

3. Perception Exercise: Learn to see the good in all things. Write down the five things that have happened in your life that you perceive as 'bad things happening' to you; think hard on one piece of good that came from each situation.



PHASE VIII EVOLUTION

“Continue To Grow From Within And Support Other Men”

Maintaining Momentum: Continuing to prioritize personal growth and development while remaining accountable through regular self-reflection and goal tracking.

1. Retake your Mantorship Self Inventory Assessment and compare it with your score from Phase Honesty to determine if your hard work and dedication have paid off. Remember that the ManScore is a snapshot of how satisfied you are with your life in the current moment.

** Ideally, the point of The Mantorship Program of Action is that your self reflection and self development will lead you to a higher ManScore and ultimately leave you living a fuller and happier life.

Share your new score with your Mantor and discuss what it means as it pertains to your evolution, not only as a man, but as a human. Remember: Life is a journey not a destination and the path is never-ending. The only thing constant is change - if we are not growing, learning and adapting, it is not long before we are in dis-ease and disharmony with the world around us.

2. Become a Mantor. Continue to live along the path of self development towards self-actualization. For the mindful, enlightened man, it is our responsibility to ourselves, each other and the planet to be constantly learning, growing and evolving to make the world a better place. Take what you have learned and become a Mantor to other Brothers.



3. Practice Mindfulness. Our state of consciousness is infectious. When we are mindful of our communication with others it can lead to a place of wholeness, but when we are coming from a place of fear, ego, anxiety or narcissism, our communication will inevitably cause more harm than good. For this we must always question our perspective and our intentions in order to rise above ego and come from a place of love.

To do so, we must make it a daily practice to:

- Practice the power of self-belief
- Embrace the beauty of impermanence
- Harness the power of change
- Practice letting go of attachment
- Practice letting go of resentment
- Fully let go of expectations
- Walk the path of self development
- Give freely to others
- Practice honesty and transparency in all affairs
- Refer to the Pillars of Mentorship as a guide when direction is needed

4. Get involved. To create true impact in the world and a global energy shift towards mindfulness, the change must begin with each one of us and the energy we put out into the universe. The world is karmatic and we ultimately get exactly what we give. Get out into your community and make your presence felt - the time to make a difference is now.



VI.

**MANTORSHIP
RITUALS**



At Mantorship, we believe practicing rituals builds discipline, elevates confidence and helps one find comfort in knowing his true sense of self.

Rituals can be a multitude of different exercises and practices, but we recommend purposeful and grounding rituals for adding a greater impact to your day. Below is an a la carte menu of suggested rituals to employ in your life as you work towards mindfulness and self development.

Activities & Practices:

- ✓ Meditation
- ✓ Positive Affirmations
- ✓ Yoga
- ✓ Keeping A Gratitude Journal
- ✓ Physical Fitness
- ✓ Breathwork



- ✓ Martial Arts
- ✓ Weight Training
- ✓ Reading Or Listening To Audio Books
- ✓ Running
- ✓ Swimming
- ✓ Hiking
- ✓ Daily Reflection
- ✓ Tech Breaks

Lifestyle Choices:

- ✓ Healthy Eating
- ✓ Eating Vegetarian Or Vegan
- ✓ No Alcohol
- ✓ No Drugs
- ✓ No Porn
- ✓ No Smoking Or Vaping
- ✓ Pausing Before Responding To Others

If you're ready to upgrade your lifestyle, you can connect with your brothers to learn how to incorporate some of the suggested rituals in your daily routine.



VII.

**“HOW TO”
MANTORSHIP**



“How To” Join The Mentorship Community

1. Get Started

First, download and read the Mentorship Manifesto at www.mentorship.com. Make a commitment to live your life more connected to your truth, purpose and passion, and when you are ready to upgrade your life, join our WhatsApp group.

2. Request Access

To join the private Mentorship WhatsApp group email info@mentorship.com or send a WhatsApp message to +1 917-406-8980

3. Get Connected

Once you are in the Mentorship community, join at least one of the weekly Circle of Brotherhood meetings either in person or online.

4. Get Plugged In

Build your support network by choosing at least two Accountability Brothers. These Brothers will not only help you get acclimated to the Mentorship culture, they will help keep you accountable as you upgrade your life.

5. Make Lifestyle Changes

Create a list of healthy changes you wish to implement, and unhealthy patterns you want to leave behind. For example: implementing a healthy diet, adjusting your sleep schedule, journaling, focusing on fitness, and stopping addictions like alcohol, porn etc.



6. Implement Rituals

Take the energy you are conserving with your new lifestyle changes and incorporate positive, constructive rituals that support your transformation. Examples; meditation, yoga, martial arts, ice bath, sauna etc.

7. Make the Commitment

Do the hard work needed to accelerate your transformation. The deeper you dig and the more honest you are willing to be, the more you will get out of the program.

“How To” Join The Mantorship Program of Action

- 1.** Declare your commitment to Mantorship by joining the community, if you haven't already.
- 2.** Follow the 8 phases of The Mantorship Program of Action in detail. The details of the program can be found on page 27.



“How To” Become A Mantor

1. Complete the ‘Request To Become a Mantor’ form.
2. Wait to be contacted for a brief interview and alignment check with Mantorship HQ.
3. Mantorship HQ will assess your intent of interest and you will receive an official decision via email.

Qualifications of a Mantor:

- ✓ Attend at minimum of 10 Circle of Brotherhood Meetings.
- ✓ Commit to being of service to the Mantorship community.
- ✓ Read the Mantorship Manifesto and complete the Mantorship Program of Action with a Mantor.
- ✓ Agree to support other men as you would like to be supported.



Role and Responsibility of a Mantor:

- ✓ Be a mirror and guide for your Mantee by being another set of eyes and ears along their journey of betterment to lend a more mindful perspective.
- ✓ Be supportive through different trials, tribulations, difficult personal times and decision making.
- ✓ Offer alternative and challenging perspectives to aid your Mantee as he gains understanding of his life.
- ✓ Hold the Mantee accountable on his path of self-development with a focus on raising his ManScore during the process.
- ✓ Ensure the Mantee stays aligned with his purpose and passion.
- ✓ Lead each session with the principles and pillars of Mantorship.
- ✓ Offer a listening ear for all things - from personal to business topics. In the event that things are outside your knowledge, make sure to involve another Brother as necessary.
- ✓ Always look to grow your Mantee's network by introducing other Brothers from your network that may have strengths, knowledge or experiences in areas that your Mantee needs education or guidance.
- ✓ Must be willing to facilitate Circle of Brotherhood meetings.

There is no maximum number of Mantees, however the goal is to give your Mantee impactful support so don't spread yourself too thin.



VIII.

**MANTORSHIP
READING LIST**



RELATIONSHIP / DATING

- ✓ The Way of the Superior Man - David Deida
- ✓ Men are from Mars, Women are from Venus - John Gray
- ✓ Five Love Languages - Gary Chapman
- ✓ Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love - Amir Levine and Rachel Heller
- ✓ The Art of Seduction - Robert Greene
- ✓ No More Mr. Nice Guy - Robert A. Glover
- ✓ The Rational Male - Rollo Tomassi
- ✓ The Relationship Cure - Joan Declaire and John M. Gottman
- ✓ The Art of Loving - Erich Fromm

SOCIAL SKILLS

- ✓ How to Talk to Anyone: 92 Little Tricks - Leil Lowndes
- ✓ How to Win Friends & Influence People in a Digital age - Dale Carnegie
- ✓ Influence: Science and Practice - Robert Cialdini
- ✓ Captivate - The Science of Succeeding with People - Vanessa Van Edwards
- ✓ Boundaries: When to Say Yes, How to Say No to Take Control of Your Life - Dr. Henry Cloud and Dr. John Townsend



MAN UP

- ✓ Master your Emotions - Thibaut Meurisse
- ✓ Can't Hurt Me: Master Your Mind and Defy the Odds - David Goggins
- ✓ Why Zebras Don't Get Ulcers - Robert Sapolsky
Don't Sweat the Small Stuff... and it's All Small Stuff - Richard Carlson
- ✓ The Six Pillars of Self-Esteem - Nathaniel Branden
- ✓ 12 Rules For Life - Jordan Peterson
- ✓ Tools of Titans - Extended Summary - Tim Ferriss
- ✓ Thinking, Fast and Slow - Daniel Kahneman
- ✓ Unlimited Power - Tony Robbins
- ✓ Awaken the Giant Within - Tony Robbins
- ✓ The 48 Laws of Power - Robert Greene

HAPPINESS

- ✓ The Happiness Hypothesis - Jonathan Haidt
- ✓ A Handbook for New Stoics. How to Thrive in a World Out of Your Control - Massimo Pigliucci and Gregory Lopez
- ✓ The Art of Happiness - 14th Dalai Lama and Howard C. Cutler
- ✓ Stumbling on Happiness - Daniel Gilbert
- ✓ Learned Optimism: How to Change your Mind and your Life - Martin Seligman



SPIRITUAL AND EXISTENCIAL

- ✓ A New Earth - Eckhart Tolle
- ✓ Breaking the Habit of Being Yourself - Joe Dispenza
- ✓ Letting Go: The Pathway To Surrender - David R. Hawkins
- Flow: Living at the Peak of Your Abilities - Mihaly Csikszentmihalyi
- ✓ The Road Less Traveled - M. Scott Peck
- ✓ The Power of Now - Eckhart Tolle
- ✓ The Secret - Rhonda Byrne
- ✓ Man's Search for Meaning - Viktor Frankl
- ✓ Finding Your Purpose In Life: A Simple Guide to Discovering Who You Are, Your Passion and Life Purpose - Vincent Santiago
- ✓ The Alchemist - Paulo Coelho
- ✓ Maps of Meaning - Jordan Peterson
- ✓ The Subtle Art of Not Giving a Fuck - Mark Manson

GETTING SHIT DONE

- ✓ Getting Things Done - David Allen
- ✓ The Power of Habit - Charles Duhigg
- ✓ The Power of Full Engagement - James E. Loehr and Tony Schwartz
- ✓ Deep Work - Cal Newport



- ✓ Atomic Habits - James Clear
- ✓ The 7 Habits of Highly Effective People - Stephen Covey
- ✓ Mastery - The Ultimate Power - Robert Greene
- ✓ The Obstacle is the Way - Ryan Holiday
- ✓ So Good They Can't Ignore You - Cal Newport

MAKE IT FINANCIALLY

- ✓ Think and Grow Rich - original classic version 1937 - Napoleon Hill
- ✓ Unshakeable Your Financial Freedom Playbook - Tony Robbins
- ✓ The 7 Spiritual Laws of Success - Deepak Chopra
- ✓ The Richest Man in Babylon - George Samuel Clason
- ✓ Rich Dad Poor Dad - Robert Kiyosaki and Sharon Lechter
- ✓ As a Man Thinketh - James Allen
- ✓ From Poverty to Power - James Allen
- ✓ Money: Master the Game - Tony Robbins



BUSINESS

- ✓ Steal Like an Artist: 10 Things Nobody Told You About Being Creative - Austin Kleon
- ✓ Zero to One: Notes on Startups, or How to Build the Future - Blake Masters and Peter Thiel
- ✓ The Hard Thing About Hard Things: Building a Business When There Are No Easy Answers - Ben Horowitz
- ✓ The Lean Startup - Eric Ries
- ✓ The 4 hour Workweek - Tim Ferriss
- ✓ The 80/20 Principle - Richard Koch



IX.

MANTORSHIP FAQs



1. What is Mantorship?

Mantorship is a transformative movement that utilizes community, Circle of Brotherhood Meetings and a culture rooted in gratitude and honesty to bring men closer to our authentic selves. The program of action guides men along a positive path and introduces alternative perspectives on life, and helps men to embrace new ideas that build confidence, character and connect us to our purpose and passion. Mantorship empowers men to become better versions of ourselves and to live our best lives.

2. What are the benefits of joining Mantorship?

Many of the Brothers of Mantorship experience relief from our high-pressure society by having the chance to be vulnerable around other like-minded men. The Brotherhood gives you access to a community with endless wisdom, alternative insights and even guidance from men with different perspectives and life experiences. It allows the chance to connect with other men on a deeper level than most conventional friendships that lead to lifelong camaraderie. At the same time, you'll have access to a simple blueprint for growing your confidence and connecting to your purpose in this world.

3. Will Mantorship work for me?

We believe that Mantorship will work for any of us men that are ready to be honest with ourselves and do the work necessary to cultivate personal growth. So long as you bring commitment, discipline and honesty, you're going to notice outstanding results, but many men find comfort and release after participating in their first Circle of Brotherhood meeting.

4. What is the goal of Mantorship?

The goal of Mantorship is simple: to improve the life of any man willing to be open and honest about becoming their best self through our ecosystem of support, perspective hacking and living in a gratitude mindset.



5. What is Mantorship?

Mantorship is a transformative movement that utilizes community, Circle of Brotherhood Meetings and a culture rooted in gratitude and honesty to bring men closer to our authentic selves.

6. How much does it cost to join Mantorship?

Mantorship is currently free. We will soon launch an app with affordable tiered memberships and a la carte service offerings.

7. Is the Mantorship Program difficult?

The Mantorship Program of Action will demand that you are self-disciplined and that you stick to healthy habits, practices and rituals, while remaining open to new ideas. While this can be rigorous mental work, just like life, the results are usually a direct reflection of how much hard work is put in.

8. What is the time commitment of joining Mantorship?

The commitment depends on how large of an impact you want to receive from the Mantorship community. There are currently two meetings a week but meeting frequency will increase as Mantorship grows. How much time you commit depends on your personal goals and needs for personal growth.

9. What's the difference between the Mantorship Community Vs the Mantorship Program of Action?

The Mantorship community is our ecosystem and The Mantorship Program of Action is one of the components of the ecosystem.



10. What is the Circle of Brotherhood?

The Circle of Brotherhood is the official name for our weekly meetings whether virtual or face-to-face.

11. I heard something in a Circle of Brotherhood meeting that really resonated with me, how can I continue the conversation?

The Circle Of Brotherhood is just the beginning of the conversation. When we hear things that we identify with, it's encouraged for brothers to connect outside of the meeting – either in person or virtually – and continue the conversation. You'll be pleasantly surprised that most men are not only open to, but are excited about connecting outside of the circle. This is one way we grow our community and as men.

12. Am I required to share in the Circle of Brotherhood meetings?

Sharing is encouraged but not required. By sharing you get what you put in. Sometimes men just need to listen and identify, men will share when they are ready. This applies to meetings in-person or virtually



THANK YOU!

It is with the deepest humility that I express my most sincere gratitude to everyone who has supported the Mantorship mission and vision.

Thank you from the bottom of my heart and soul. If you suspect that a man you know is suffering inside with their mental health, their emotions, current situation, or just their perspective, please share this Manifesto with them and ask them to visit Mantorship.com to connect with our community.

We're making progress, but remember, **we are stronger together as a community in brotherhood.**

Evan Seinfeld