

Integral Men's Health Check-up Int'l Men's Day 2025-11-19

For Men Developing Balanced Lives: 5 Elements of Health

(Note: it's more than body, mind & spirit!!)

Physical Health (always start here)

Find out and maintain my ideal weight
Strength training (not aerobics) is the engine of youth
Best exercise is the one that I will do regularly

Emotional Health

Seek out regular check-ins with my closest/trusted friends
Become increasingly conscious of my shadow projections
Attend men's groups (support groups, accountability groups, etc.)

Social Health

Develop social intelligence weekly (read David Richo's *How to Be an Adult in Relationships*)
Be open to new relationships; go out for activities weekly, etc.
Develop interpersonal 7th sense "*Mindsight*" (book by Dan Siegel)

Intellectual Health

Read non-fiction articles / books monthly to challenge my beliefs
Watch PBS documentaries once/week

Spiritual Health

Develop daily morning quiet/journaling/meditation practice
Incorporate movement with stretching/yoga/qi-gong, etc.

"Out of the Box"

An annual trip to a new destination outside the city/state/country
Participate in 1 or 2 conferences / workshops / classes per year

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How do we show up in the world?

Use the 4 quadrants from *Integral Life Practice*, by Ken Wilber:

I Interior / Individual

Prioritize 1 Joyful Thing/Day
Unconditionally let go & forgive
all of the past
Consciously grow in self-awareness

IT Exterior / Individual

Maintain / monitor healing
Nutrition & Strength Training
Create nurturing Home Environment

WE Interior / Collective

Show my soul to
everyone I meet 1-on-1
Find the "generative response"
to others

ITS Exterior / Collective

Actively engage in
Community activities
Major simplification of home
contents+decluttering

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Develop Self-Awareness 1

Do we have a clear definition...

- Who am I as a man?
- What do I want as a man?
- What is my purpose on the planet?
What is my personal "mission"?

Develop Self-Awareness 2

Behavior change begins with:

- Changing beliefs first
- Beliefs underlie Attitudes
- Attitudes underlie Behaviors

Start with my masculine Warrior energy

- Live with Passion, Purpose, Discipline
- Attend to healing my woundedness
- Practice defining and holding clear, assertive boundaries
- Know what my limits are
- Be in service to carry out the mission developed by the leadership
- Know the difference between "showing the sword and using the sword"

Develop my masculine Lover Energy

- Grieve my losses so that I may be open to new beginnings
- Appreciate beauty in the world
- Express love to others and thereby become more lovable

Develop my masculine Magician Energy

- Acknowledge the "genius" within ourselves
- Develop a 6th sense of *intuition* and a 7th sense of *mindsight*
- Use "trickster" humor to dissolve impasses and disagreements
- Practice "alchemical transformation": saying the unsayable,
acknowledging that I'm not aware that I already know, etc.

Develop my masculine King/Sovereign Energy

- Practice discernment in decision making
- Foster creativity in arts and sciences in the community
- Give credit (recognition) to others where it's due
- Steward the resources in the community (to help the planet)
- Develop 3 areas of leadership skills:
vision, detail management, and inspiring others to action