

A Regenerative Man Increases Life

In his home.

In his work.

In his community.

In the systems that sustain us.

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WHAT THIS CONVERSATION IS

Men talking honestly about what they are noticing in their own lives, and whether what one of them has been part of might be worth the other knowing about.

It is not a pitch. It is not recruitment. It is a conversation. If something in it lands, we keep talking. If it does not, we set this down.

THREE QUESTIONS, IN ORDER

What in your life is being depleted by your effort, and what is being increased by it?

If you continued exactly as you are for the next ten years, what is the standout thing you'd notice?

Who are the men in your life you wish you knew at more depth than the schedule has allowed?

WHAT REGENERATIVE MEN IS

- An experience for men who have decided their presence in the world should be generative rather than depleting. That the ultimate thing a man can do is increase the quality and quantity of life in and around him.
- Organized into small groups of six to eight men, meeting in person on a regular cadence.
- Built around real projects, real commitments, and men holding each other to what they say they will do.
- No ideology to adopt. No program to complete. No one telling you what kind of man to be.

WHAT IT IS AND WHAT IT IS NOT

It is

A serious, apolitical commitment among men to leave things better than they found them.

It is not

A men's rights group, a religious community, or a political project.

It is

A working group with projects, accountability, and men who push you when pushing serves you.

It is not

A therapy circle, a self-help program, or a place to process grievances.

WHAT IT ASKS OF A MAN

- Two to three hours, twice a month, in person.
- One project at any given time that he is willing to be held to. More as he's able.
- Honesty about what he has done and not done since the last meeting.
- Engagement with other men's work as seriously as his own.

IF THIS IS LANDING

Take this with you. Sit with it for a few days. When something has surfaced, come back and tell me what came up. That is the next step.

Stand by what grows.

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