

REGENERATIVE MEN

Quick Guide

For the man joining a group

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WHAT THIS IS

You have decided to join a Regenerative Men group. This guide is what you need to walk into your first meeting prepared, and to keep within reach as the work deepens. It is short by design. The longer Group Guidebook is there when you want the full case for why the group works the way it does. This is the working version, the one a man keeps on the desk.

A Regenerative Men group is six to eight men, meeting in person on a regular cadence, working on real projects, and holding each other to what they say they will do. It is not therapy. It is not advice giving. It is not a discussion club. It is an engine for becoming the kind of man your presence in the world asks you to be.

THE THROUGHLINE

A regenerative man increases life around him. In his home, his work, his community, and the living systems that sustain us.

Everything else in this guide is downstream of that sentence. The tenets are how a man holds himself to it. The fields are where he applies it. The group is the form that makes the work durable. The project is the engine. The closing line is the test: stand by what grows.

THE FOUR TENETS

The tenets are the binding ethic. They are not a checklist. They are four forces, each pulled by the other three, and a regenerative man learns to feel that tension as the work itself. No tenet stands alone. The practice is staying inside the pull of all four.

Increase Life.

The throughline and North Star. A regenerative man increases the quality and quantity of life within himself and in others. If your action is increasing life, you are on the path.

Start Here.

Wherever you are right now is a legitimate starting point. High function or overwhelm, certainty or doubt, full capacity or burnout. You do not need to be more ready before you begin. Start by tending your inner life.

Deep Time.

Take the long view. Think of what you are leaving behind. Build with decisions that compound across decades and generations.

Be Connected.

Do not optimize from outside the system you are acting on. Stay in relationship with the people, the place, and the consequences of your work over time.

THE FIVE FIELDS OF ACTION

The tenets are the ethic. The fields are where the ethic gets applied. Every man's life touches all five, though most men have one or two where they have the most leverage. The order matters. The fields nest outward, and the inner ones are the foundation for the outer ones.

Self.

Your inner life. Body, mind, spirit, nervous system. The condition from which everything else proceeds.

Close Relationships.

Spouse, children, parents, the men you call when something is wrong.

Community.

The wider group of people you count on where you live, work, and play.

Place.

The landscape you actually live in. The watershed, the neighborhood, the local institutions.

Wider Systems.

The larger structures you participate in. Your industry, your capital, your influence, your work. Where the patterns get set.

WHAT THE GROUP IS

Six to eight men. Two to three hours per session. Once or twice a month, regular cadence, in person. Time and location flexible. Format consistent.

The size is not arbitrary. A pair has nowhere to triangulate. A group of three or four is fragile. Six to eight is the smallest size at which any single man's struggle does not threaten the form, and the largest at which every man can hold every other man's project in working memory between meetings.

In person is the form. Virtual is a bridge. The reason is biological. Human nervous systems regulate each other in proximity. The settling that happens when men sit together in a room is doing work that conversation alone, on a screen, cannot do. A virtual meeting is better than no meeting. It is not a substitute for the form.

What the group is not

Not a political project. Not a religious or spiritual community. Not a self-improvement program. Not a therapy circle. Not a place to process grievances about modern life. Not a network for advancing careers. It is a serious, apolitical commitment among ordinary men to leave things better than they found them.

HOW A MEETING RUNS

Open and close in fellowship

Spend twenty to thirty minutes before and after the working portion in unstructured conversation.

Open Mic Time: Any man can update the group on wins and challenges, general interesting information for the group, upcoming events, and more.

Wisdom moves at the edges of the agenda. Let it.

Each man takes ten to fifteen minutes

During his time, he covers his focus project:

- What he has done since the last meeting.
- What is in motion right now.
- Where he is stuck or what is unclear.
- What he needs from the group.
- What he is considering next.

The group listens, asks questions, offers perspective, and pushes where pushing serves him. Ask before advising. “What would help you most right now?” is almost always the right opening. Do not rescue. A man’s discomfort is often where the work is happening.

Every man names a commitment before the meeting ends

One specific thing he will do before the next meeting. Concrete enough that he can be held to it. Honest enough that he is willing to be held to it. The next meeting opens by checking those commitments. This is not optional. The commitment, named in front of men whose respect a man wants, is the structural piece that distinguishes a Regenerative Men group from every other gathering of well-intentioned men.

Roles in the room

One man brings the group together and moves the meeting through its parts. Another keeps time and signals when to pass to the next member. If the conversation drifts toward advice giving, criticism, or fixing, a designated facilitator redirects to what the man himself is asking. These roles rotate over time. Every man holds the room eventually.

WHAT TO BRING

Every man in a group is working on a project. The project is the engine. It is the thing that gets discussed, supported, and held to commitments. Without a project, the group becomes a discussion club. With one, the group becomes what it is for.

What project are you already engaged with, or have wanted to start, that aligns with the tenets and works on one or more of the five fields?

The project does not need to be large. It needs to be real and intentional. A few examples of what a project actually looks like for the men this work is for:

- Repairing the relationship with someone you care about.
- Building a daily practice you have started and stopped six times.
- Learning the ecosystem you live in well enough to teach your kids.
- Moving capital out of an industry you cannot defend.
- Doing the thing at work you have been avoiding because you know it will cost you.
- Becoming present for your marriage in ways the schedule has not allowed.

Self comes first because everything else rests on it. After that, follow your energy and your capacity to act. A healthy group has biodiversity in its projects. Inner work, relational work, place-based work, and systems work all belong.

Bring one project. Not three. If you are between projects, bring the question of what your next one should be. That is also a legitimate place to start.

The group meeting is not the practice. The practice is your life. The meeting is where the practice gets witnessed and refined. Between meetings, you work the project, you keep your commitment.

WHAT IS ASKED OF YOU

Show up

Two to three hours, twice a month. Phones away. Other men's time matters as much as yours. Cancellations happen. A pattern of cancellations means something the group will have to process together.

Bring your project

Every meeting. Where it stands, what is moving, what is stuck, what you need. If you do not have a project, the group cannot help you, and your time in the room becomes weight on other men instead of fuel for your own life.

Keep your commitments, or be honest about why you did not

The commitment you name at the end of each meeting is the floor. The next meeting opens by checking it. Missing a commitment is not the failure. Avoiding the conversation about why you missed it is.

Engage with other men's work as seriously as your own

When another man is in his time, listen for what he is actually saying, not what you would say in his place. Push when pushing serves him. The group is built on the assumption that every man in it will be useful to every other.

Hold confidence

What is shared in the group stays in the group. Always. Without that commitment, men cannot say the true thing, and the true thing is the only thing the group is built to hold.