

THE NEW MAN: HABIT CHANGE PLAYBOOK

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MAN-TO-MAN**

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The New Man: Habit Change Playbook

Workbook for Men 40+ Edition

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Chapter 1 – Workbook Tie-In (Men 40+ Edition)

Reflection Prompt

Which of the “symptoms” described in this chapter have you felt recently? (Loss of drive? Career stagnation? Health decline? Feeling invisible at home or restless about the future?) Do they feel more like crises or opportunities right now?

Write your thoughts:

Self-Inventory Exercise

Rate your fulfillment in each area of life (circle the number that feels true):

Health: 1 2 3 4 5 6 7 8 9 10

Relationships: 1 2 3 4 5 6 7 8 9 10

Career / Work: 1 2 3 4 5 6 7 8 9 10

Spirituality: 1 2 3 4 5 6 7 8 9 10

Joy & Fun: 1 2 3 4 5 6 7 8 9 10

Finances: 1 2 3 4 5 6 7 8 9 10

Learning & Growth: 1 2 3 4 5 6 7 8 9 10

Movement & Fitness: 1 2 3 4 5 6 7 8 9 10

Home Environment: 1 2 3 4 5 6 7 8 9 10

Social Life: 1 2 3 4 5 6 7 8 9 10

(1 = running on empty • 10 = thriving and fulfilled)

Journaling Questions

- What labels have you accepted (like “midlife crisis”) that no longer serve you?

- If you reframed this stage of life as an opportunity, what new label or name would you give it?
-

- Who do you want to become in the next chapter of your life?
-

Action Step — A Small Habit Shift

Pick one tiny, doable habit this week that supports the man you want to become.

Examples:

- I'll walk 10 minutes every morning to build momentum.
- I'll spend 5 minutes each night journaling gratitude.
- I'll schedule a phone call with one old friend to reconnect.

Your commitment:

■ Framing:

You've built a life, but maybe parts feel stale or off-track. These questions help you take inventory, challenge old labels, and choose a new story before you pick the next habits to master.

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Chapter 1 – Workbook Tie-In (Part 2, Men 40+ Edition)

Reflection Prompt

Which of the three forces — Biology, Psychology, or Culture — feels strongest in shaping you right now? Why?

Quick Exercise — Your Midlife Forces

Biology:

Write down one area where your biology is changing. What small habit could help you adapt? (sleep, nutrition, exercise)

Psychology:

Write down one area where your psychology is shifting. What practice could give you clarity? (journaling, counseling, prayer)

Culture:

Name one cultural stereotype you've internalized. How could you rewrite that story for yourself?

Journaling Question

When you think about your identity right now, what roles feel temporary, and what values feel permanent?

■ Framing:

By midlife, your body changes, your mind rewires, and society has scripts about who you “should” be. This page helps you step back, name what’s happening, and decide what story you’ll live by next.

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Chapter 1 – Workbook Tie-In (Part 3, Men 40+ Edition)

Identity Exercise

Write down three current identity statements you've been living out — good or bad.

Examples: "I'm terrible with money." "I'm always late." "I'm disciplined in my work."

Current Identity Statement — Empowering Rewrite:

1. _____

2. _____

3. _____

Keystone Habit Exercise

List one habit you'd like to start in each category: Health:

Mindset:

Relationships: _____ Spirituality: _____ ■

Circle the one that would make the biggest ripple effect in your life if you started today.

Cue – Routine – Reward Map

Pick one habit you want to change and map it out:

Cue (trigger): _____

Routine (current action): _____

Reward (what you get): _____

Now brainstorm one new routine you could swap in that still gives you the reward:

Journaling Prompt

Finish this sentence: “The kind of man I want to become in this next chapter is...”

■ Framing:

Your habits shape your identity — and your identity drives your habits. Midlife is the perfect time to rewrite the scripts you’ve been living by and build habits that match the man you want to be going forward.

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Chapter 2 – Workbook Tie-In (Men 40+ Edition)

Reflection Prompts

- What are your current “big rocks” — the few things that should matter most right now? Are they truly getting your time and energy?

- Which roles in your life feel overnourished (getting too much focus)? Which feel neglected?

- What qualities from your five favorite people reflect your deepest values?

- Where do you feel cognitive dissonance — saying one thing matters but living another way?

Journaling Questions

- When was the last time you said, “It’s not a priority right now,” and felt uneasy about it?

- Which unfinished goal in your past actually prepared you for something you’ve accomplished today?

- What habits in your daily routine are just sand and pebbles, taking space from your big rocks?

- How would your week look different if you started with Mind / Body / Soul first?

Practical Exercises

Five People Exercise: Draft a personal mission statement using qualities from your five favorite people.

Role Alignment: List your roles and write 1–3 key goals for each. Role Goals (1–3) _____
_____ Weekly Calendar Template: Block time for your big rocks first before filling in smaller tasks. Habit Tracker: Create a 30-day tracker for your Mind / Body / Soul commitments. (Example: sleep 7 hrs, 20 min movement, 10 min meditation)
Growth from the Past: Write one unfinished goal and how it secretly prepared you for growth.

Action Step

Choose one big rock from your Mind, Body, or Soul today.

Write it down. Schedule it. Complete it before anything else this week.

Then celebrate that win — because priorities are honored not in thought, but in action.

■ Framing:

Life fills with noise — career, family, distractions. This page helps you name what truly matters now, align your roles and values, and build a schedule where your big rocks don't get buried.

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Chapter 3 – Workbook Tie-In (Men 40+ Edition)

Reflection Prompts

- Which areas of your EQ of Life chart are below a 5?

- How do your red meters (Joy, Spirituality, Mindfulness) influence your green meters?

- Which area drains the most energy? Which replenishes it?

Journaling Questions

- When was the last time you felt completely “in harmony”?

- Which low-scoring area feels most urgent to nourish — and why?

- What belief keeps you stuck in self-sabotage?

- If you elevated one area to a 9, how would it ripple through your life?

Practical Exercises

1. Fill Out the EQ of Life Chart

- Distribute 54 green blocks across your life areas.
- Score each red meter (Joy, Spirituality, Mindfulness) honestly.

2. Choose Two Weak Areas

- Commit to small, nourishing steps for the next 90 days.
- Example: add a morning walk, practice gratitude at dinner.

3. Create a Nourishment Journal

- Daily: Record what lifted you up and what pulled you down.
- End of Month: Rescore your EQ of Life chart.

4. Energy Map

- List activities that drain you vs. those that restore you.
- Adjust your calendar to include more restorative practices.

Drains Me	Restores Me

Action Step

Write and speak this daily affirmation:

“From this day forward, I am accountable for being the best I can be in this area of my life.”

■ Framing:

Your EQ of Life reveals where energy leaks and where it's gained. This page turns those insights into actionable shifts so midlife doesn't drain you — it powers the next chapter.

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Chapter 4—Workbook Tie-In (Deep Alignment, Men 40+ Edition)

Reflection Prompts

- Where do my habits most clearly reinforce my beliefs?

- Where do my habits directly contradict my beliefs?

- How do I feel when I act out of alignment? How do I feel when I act in alignment?

Advanced Journaling Questions

- If I fully lived my beliefs for the next 90 days, what habits would I naturally stop? What habits would I naturally start?

- What identity statement do I need to claim right now? (e.g., “I am someone who...”)

- Who in my life models strong alignment between habits and beliefs? What can I learn from them?

Practical Exercises

1. Habit Loop Mapping

Write down one negative habit and map it out:

Cue (Trigger)	Routine (Action)	Reward (Result)	New Routine (Alternative)

Brainstorm at least two new routines to test that deliver the same reward.

2. Alignment Ladder Challenge

Choose one misaligned area. Climb one rung of the ladder over the next month:

Awareness → Adjustment → Consistency → Integration

3. Habit Stacking Practice

Create one new habit stack today that reinforces a core belief.

Example: After I brush my teeth, I'll write one affirmation.

Action Step

Choose one identity-based belief to claim and pair it with an aligned habit:

Examples:

"I am a disciplined leader."

"I am a compassionate friend."

Your identity statement:

Aligned habit:

■ Framing:

Your beliefs shape your actions — but your actions prove your beliefs. Midlife is the perfect time to close the gap: align who you say you are with what you do every day.

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Chapter 5 – Workbook Tie-In (Small Hinges in Action, Men 40+ Edition)

Reflection Prompts

- Where in your life have you been waiting for a big breakthrough instead of taking a small step?

- How does fear or resistance show up when you face change?

- What “small beginnings” in your past eventually led to bigger doors opening?

Journaling Questions

- What’s one habit you’ve been overcomplicating? How could you reduce it to a tiny hinge?

- If you replaced “try” with “do,” how would your self-talk and follow-through change?

- What would it mean for you to keep every small promise you make to yourself?

Practical Exercises

1. Tiny Habit Drill

Choose one area (health, relationships, career, or spirit).

Create a micro-habit you can do in less than 2 minutes.

Example: Do 5 pushups, send one encouraging text, write 1 sentence in a journal.

2. Don’t Break the Chain

For the next 7 days, track this habit with an X on your calendar or planner.

If you miss a day, restart the chain.

3. Momentum Multiplier

At the end of the week, reflect: Did the small hinge create momentum for more?

Action Step — Your 30-Day Tiny Hinge

Identify one tiny hinge habit you can commit to for the next 30 days.

■ Make it:

- Non-negotiable (do it daily).
- Measurable (track progress).
- Small enough to do even on your busiest day.

Your Tiny Hinge Habit:

■ Framing:

Midlife transformation doesn't require giant leaps — it starts with small, repeatable wins. Tiny hinges swing big doors. Build momentum one doable habit at a time.

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Chapter 6 –WorkbookTie-In(ExpandedSection, Men40+Edition)

Reflection Prompts

- When do I feel the most stressed in my day, and what physical cues tell me it's happening?

- How can I use technology (apps, trackers, reminders) as a support rather than a stressor?

- What foods or drinks do I consume that either help or hinder my hydration?

- Do I know my chronotype (night owl, early bird, or in-between)? How can I honor it?

Journaling Questions

- If my stress had a voice, what would it say?

- How would I treat water if I saw it as medicine instead of just a beverage?

- What is one boundary I need to set with screens, work, or social commitments to protect my sleep?

Practical Exercises

1. Stress Reset

Schedule three “micro-breaks” daily.

Step away, stretch, or breathe deeply for one minute each time.

Track how your stress levels shift after each break.

2. Hydration Audit

For one week, record everything you drink.

Note how you feel before and after.

Adjust hydration habits based on your patterns.

3. Sleep Ritual

Create a 30-minute wind-down routine with:

- Dim lighting
- A book or calming activity
- No screens

Track your sleep quality before and after adopting this ritual.

Action Step — Advanced Strategy

■ Choose one advanced strategy to test for one week: - HRV (heart rate variability) breathing - Electrolyte hydration - Sleep chronotype adjustment

Record the changes in how you feel:

■ Framing:

True resilience comes from mastering the basics — stress control, hydration, and sleep. These small, science-backed upgrades compound into energy, clarity, and stronger midlife performance.

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Chapter 7 – Workbook Tie-In (Breaking the Sugar Cycle, Men 40+ Edition)

Reflection Prompts

- What foods from your childhood or culture still hold emotional power over you?

- Which of your daily meals is most likely to push you off the healthy track?

- How does sugar show up in your life when you're stressed, tired, or celebrating?

Journaling Questions

- When was the last time you felt out of control around food?

- How did your body feel after a day of high sugar intake?

- What would 80/20 balance look like for your actual week of meals?

Practical Exercises

1. Sugar Tracking (3 Days)

For the next 3 days, track all sugar intake. Count every teaspoon — even the hidden ones (in sauces, drinks, snacks). Total it up at the end of each day.

Day	Sugar Sources	Estimated Teaspoons	How I Felt
1			
2			
3			

2. 24-Hour Sugar Detox

Go one full day with no added sugar. Notice your cravings and energy shifts throughout the day.

3. Healthy Prep

Choose one meal prep action this week:

■ Make smoothie cubes ■ Batch-cook proteins ■ Prep healthy snacks

Action Step — Sugar Swap

Choose one sugar-swap habit to start today.

Examples:

- Replace soda with sparkling water.
- Trade a morning pastry for eggs and avocado.
- Swap candy for fruit.

Your Sugar-Swap Habit:

■ Framing:

Breaking the sugar cycle isn't about perfection — it's about awareness and small swaps. Consistent, smarter choices rebuild your energy, sharpen your focus, and help you reclaim control.

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Chapter 8 –Workbook Tie-In(Healthy Movement, Men 40+ Edition)

Reflection Prompts

- What is your earliest memory of physical movement — positive or negative?

- How do you currently feel about exercise? Is it a chore, a reward, or something else?

- What role does food play in your motivation to move?

Journaling Questions

- When was the last time you broke a sweat intentionally? How did it feel?

- What physical activities (sports, dancing, biking, hiking) have you genuinely enjoyed in the past?

- How has a lack of movement impacted your energy, mood, or relationships?

Practical Exercises

1. Movement Log (7 Days)

Track all forms of movement (walking, stretching, chores, workouts). Notice patterns of when and how you move.

Day	Type of Movement	Duration	How I Felt

2. Starter Routine

Follow the 7-day plan from this chapter. Circle the workouts you enjoy most and make notes about why.

3. Sweat Check

After each workout, write one sentence about how you feel.

Action Step — 30-Day Movement Commitment

Pick one form of movement you can commit to for the next 30 days.

- Put it on your calendar like a meeting with yourself.
- No negotiation. No excuses.
- Start with 20 minutes.

Let sweat be your receipt.

Your Commitment:

■ Framing:

Movement isn't about chasing youth — it's about reclaiming strength, energy, and presence. Start simple, move consistently, and prove to yourself that your body still responds to effort.

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Chapter 9 – Workbook Tie-In(ExpandedWorkbook, Men40+Edition)

Advanced Reflection Questions

- Which thought pattern has been most destructive in your life (self-doubt, comparison, fear of failure)?

- How has your circle of influence shaped your thinking over the last 10 years?

- When was a time you “counted backwards” and chose differently? How did it change your outcome?

Expanded Practical Exercises

1. Thought Audit (7 Days)

For one week, write down recurring thoughts that appear each day. Label them Positive (P), Neutral (N), or Negative (N-). At the end of the week, calculate your ratio.

Day	Recurring Thoughts	Label (P/N/N-)	Notes

2. Curiosity Practice

When facing a setback, pause and replace judgment with curiosity. Write down 3 curious questions instead of one judgmental statement.

Example:

Instead of: “Why am I such a failure?”

Ask: "What can I learn from this? What worked? What could I try differently next time?"

Your Curious Questions:

3. Circle Upgrade Challenge (30 Days)

Identify one person, group, or online voice to spend less time with. Identify one positive influence to add. Track your mood and mindset for 30 days.

Day	Negative Influence (Time ↓)	Positive Influence (Time ↑)	Mood / Mindset Notes
...			
30			

Action Step — Replace the Thought

Choose one negative recurring thought you want to retire. Create a healthy replacement statement.

Write it on an index card or make it your phone lock screen. Each time the old thought arises, read or repeat the new one immediately.

My Replacement Statement:

■ Framing:

Your midlife mindset drives every choice. By auditing thoughts, asking better questions, and upgrading your influences, you can break old cycles and lead yourself — and others — with strength and clarity.

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Chapter 10 – Workbook Tie-In (Healthy Social Life, Men 40+ Edition)

Reflection Prompts

- Who are the three people in your life right now who lift you up the most?

- Who drains your energy the most — and why do you still allow that influence?

- When was the last time you felt truly “seen” by another person? What made it meaningful?

Journaling Questions

- How do you typically handle disagreements with friends or family? Do you shut down, lash out, or lean into understanding?

- Think of a time when you were alone but not lonely. What did you learn about yourself?

- If you could design your ideal social circle today, what qualities would those friends or groups have?

Practical Exercises

1. The Connection Audit

List the 5 people you interact with most in a week. Mark with “+” if they energize you, “-” if they drain you, and “0” if they are neutral. Adjust your time accordingly.

Person	Influence (+ / - / 0)	Notes

2. The Yes Challenge

Say yes to one social invitation this week that you'd normally decline. Journal afterward about how you felt:

3. Small Social Risk (7 Days)

Each day for the next week: Give one genuine compliment OR Start one new conversation. Track your results.

Day	Compliment / Conversation	Result

4. Digital Detox Hour

Pick one hour each day to put away devices. Use that time for face-to-face or voice-to-voice connection. Track for one week:

Day	Detox Hour	What I Did Instead	How I Felt

Action Step — Reconnect Intentionally

Reach out to one person you've lost touch with but miss. Call them. Set up coffee. Or send a thoughtful message. Re-opening that door could be the first step to strengthening your circle.

■ **Framing:**

Healthy connection isn't about quantity — it's about intentionality. Upgrade your social circle by nourishing relationships that fuel you and gently letting go of those that drain your energy.

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Chapter 11—Workbook Tie-In (Words of Wisdom, Men 40+ Edition)

Reflection Prompts

- Which quote or scripture from this section resonates most with you right now? Why?

- What daily reminders help you refocus when you get off track?

- How might you use short, memorable statements (like quotes) as “anchors” during stressful times?

Practical Exercises

1. Sticky Note Inspiration

Choose a favorite scripture or quote. Write it on a sticky note. Place it where you’ll see it often (bathroom mirror, desk, car dashboard).

2. Phone Reminder

Set a daily reminder on your phone with a short inspirational phrase. Notice how this timing and repetition affects your mindset.

3. Quote Journal

Start a Quote Journal. Collect sayings that inspire you. Revisit them regularly and highlight those that spark the biggest shift.

Date	Quote / Scripture	Why It Matters

Action Step — 30 Days of Daily Wisdom

Commit to 30 days of daily wisdom. Each morning, pick one scripture or quote to carry with you. Reflect on it, journal about it, and find one way to apply it before the day ends.

Day	Scripture / Quote	Reflection	Application
...			
30			

■ Framing:

Words are powerful — the right ones can reset your mindset, sharpen your focus, and help you stay grounded through life’s challenges. Build a habit of anchoring yourself with wisdom daily.

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Chapter 12 – Workbook Tie-In (Living Your Legacy, Men 40+ Edition)

Reflection Prompts

- Who in your life right now needs your full, undivided presence? What will you do this week to give it to them?

- When have you felt most fulfilled — not because of what you achieved, but because of how you contributed to someone else’s life?

- Which verse or quote from this chapter resonates most with you? Why?

- What fears or distractions keep you from being fully present in one-on-one relationships?

Journaling Questions

- How do I define legacy for myself?

- What “weights” or distractions do I need to lay aside to run my race with endurance?

- How can I intentionally bring more faith, hope, and love into my daily decisions?

Practical Exercises

1. Daily Quote Practice

Each morning, choose one inspiring quote or scripture. Write it down, place it somewhere visible, and reflect on how it applies to your day.

Date	Quote / Scripture	How It Applied to My Day

2. The Presence Challenge

Pick one person each week to give your undivided attention. No phones. No multitasking. Just listen, encourage, and connect.

Week	Person	How I Showed Presence	Reflection

3. Legacy Note Write a short letter to someone you love, telling them how they've impacted your life. Deliver it — don't wait for "someday."

Action Step — Wisdom Reminder System

Register online (if available) for daily quotes or set up your own wisdom reminders.

Options: - A journal - An app - Sticky notes around your home

■ ■ ■

Commit to one new quote or verse each day.

Reflect on it.

Let it shape your choices.

■ Framing:

Legacy isn't just what you leave behind — it's how you show up today. Every conversation, every act of presence, and every word of wisdom you live out creates the legacy you want to

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Bonus Chapter—Workbook Tie-In (Managing Complex Personal Changes, Men 40+ Edition)

Reflection Prompts

- What is my deeper “why beneath my why” for the change I want?

- Who (or what) do I need to forgive before I can move forward?

- In what ways have I denied my own worth, and how can I start validating myself?

- What is the very next step I can take — today — toward my bigger goal?

- What does honoring myself look like in practical, daily choices?

Journaling Questions

- Where in my life do I still feel unclear, and how can I seek clarity?

- What old “data” or beliefs do I need to delete from my mental hard drive?

- How has gratitude already shifted my perspective in small ways?

- What patterns emerge when I review my progress daily or weekly?

Practical Exercises

1. Purpose Map

Write your “why” at the top of a page. Underneath it, list three deeper layers of “why beneath the why.”

2. Forgiveness Letter

Write a letter to yourself or someone else you need to forgive. You don’t have to send it — just release it.

3. Validation Ritual

Each morning, speak one affirmation that declares your worth. Example: “I am enough.”

4. Journaling Practice

Spend 5–10 minutes daily reflecting on: What worked, What didn’t, One step for tomorrow.

5. Honor Contract

Write a short contract promising to keep one small daily commitment to yourself for the next 30 days.

Day	Commitment Kept (Yes/No)	Notes

Action Step — Simple Change Commitment

Pick one step from the five requirements above. Commit to practicing it for the next 7 days. Keep it small, simple, and consistent.

At the end of the week, journal what changed:

■ Framing:

Big life change doesn’t happen overnight — it happens through clarity, forgiveness, self-worth, daily action, and honoring small commitments. These practices create the resilience needed for lasting transformation.