

THE JORDAN HARBINGER SHOW

Worksheet for Ryan Michler | Why Man Is His Own Worst Enemy (Episode 39)

For [Order of Man](#)'s Ryan Michler, being a man these days ain't what it used to be. A society that once looked toward its men to protect, provide, and preside over themselves, their families, their businesses, and their communities has been dismissive of the whole concept of masculinity in the past few decades. As a result, generations of aimless men have given up what Ryan calls their sovereignty.

Ryan explores this phenomenon in his new book, [Sovereignty: The Battle for the Hearts and Minds of Men](#). He joins us for [episode 39](#) to discuss his own early lifetime of blaming everyone and everything else for the hardships and missteps he endured, how he began steps toward making a change for the better, and what we can do to regain our own sovereignty that so many of us have unknowingly given away.

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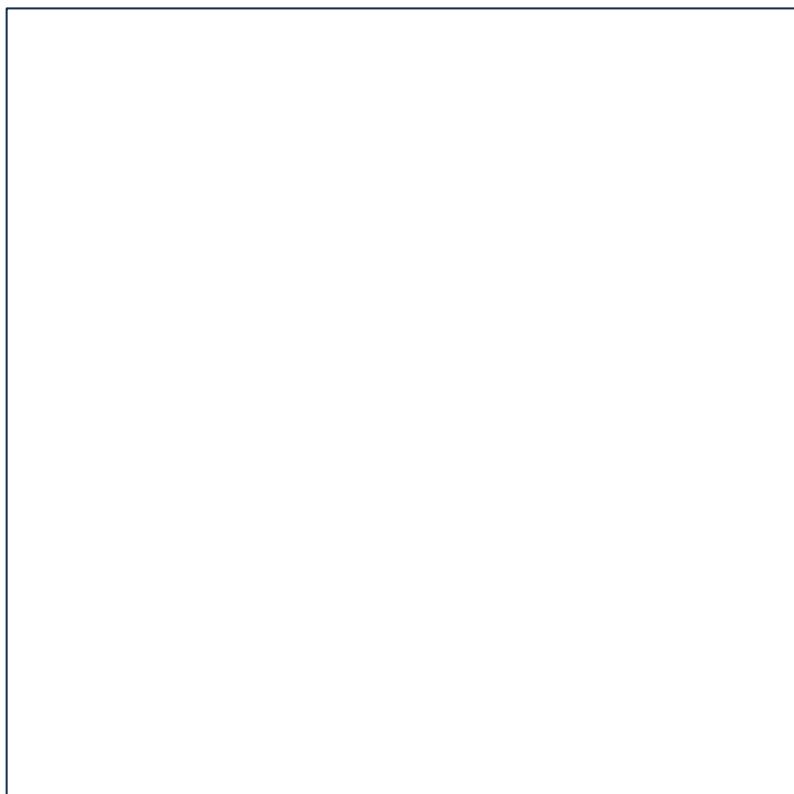
Code of Conduct

As Jordan and Ryan are discussing the concept of sovereignty, Jordan references the code of conduct: specifically, 13 virtues listed in *Sovereignty: The Battle for the Hearts and Minds of Men*. When Jordan asked Ryan why he chose those specific virtues, Ryan responded that he considers them to directly tie into taking control over our lives, but didn't think they were the only virtues worth pursuing.

What virtues do you consider to be the most important? Write them down. Now, write down your reason for choosing each one and why you aspire to embody that virtue.

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Are the virtues you chose related or a bit scattered? What are you missing that would reinforce the overall theme of your desired virtues? Finally, jot down a few ways that you are going to remain intentional about practicing your chosen set of virtues. Don't forget to revisit this list periodically and make any tweaks you feel are necessary as you grow.



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Memento Mori

Even though it may seem morbid, writing your own eulogy can be a powerful way to gauge present day behavior based on a projection of yourself into the future. This exercise can also be helpful for reverse engineering a way of testing your present day decisions. As Stephen Covey highlights in habit two of his *7 Habits of Highly Effective People*: “Begin with the end in mind.”

Write your own eulogy. There is no “best” way to do this activity and there are many resources online that will help guide you. The important thing to remember is that your eulogy shouldn’t be written based on the person you are now; it should be written based on the person you want to be. To whom would your eulogy be delivered? What did you accomplish in your life? By what traits and skills would you be known?

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Take some time to fully think these and other questions through to paint yourself a clear picture of how you would like to be remembered and what goals you need to have now to make your desired legacy a reality.

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After Action Review

Ryan shares a technique for self improvement that he picked up during his experience in the military, something he calls the after action review. He asserts that, as long as you have specific goals and strategies, reviewing the outcome of your actions as soon as possible after every activity, project, engagement, encounter, etc. will help you maximize your learning and growth. The after action review includes five simple questions to ask yourself:

1. What did I accomplish?
2. What did I not accomplish?
3. What did I do well?
4. What did I not do well?
5. What will I do differently moving forward?

For at least the next few weeks, perform after action reviews on various aspects of your life in which you'd like to see improvement.

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Be frank with yourself and record your responses over time. At first, this process can feel a little clunky and onerous, but if you stick with it, it will start to become second nature.

A large, empty rectangular box with a thin black border, intended for recording responses as described in the text above.

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Battle Plan

When Jordan asks Ryan how we can get over the hump of being uncomfortable with change, Ryan shares that an important first step is being able to articulate exactly what you want, and doing so in a measurable way. For instance, if we want to lose weight, simply stating “I want to lose weight” isn’t good enough. Instead, we should say something like “I want to lose x amount of weight in y number of days/ months.” Ryan recommends creating a 90-day “battle plan” (as discussed in detail in his book), in which you clearly articulate your objectives and the tactics necessary to meet your objectives in four categories:

1. **Calibration:** your emotional, mental, and spiritual health
2. **Connection:** your relationships with others
3. **Condition:** your physical health
4. **Contribution:** showing up as a person of value

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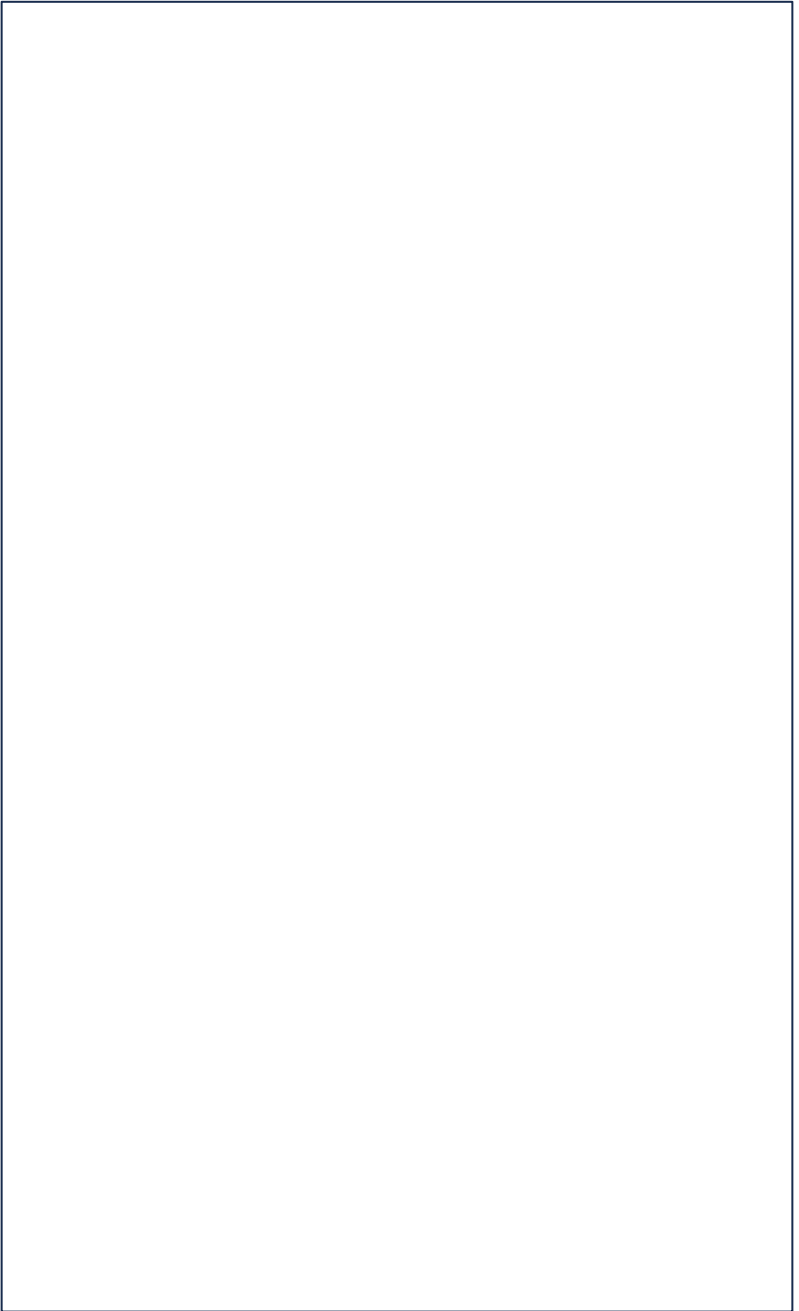
Think about your short term goals. For each category above, write down *only* one goal that you will pursue over the next 90 days. Make sure that your goals are measurable as opposed to leaving them nebulous -- you need to be able to determine whether you're successful on objective metrics.

Now, think through specific tactics you might undertake to meet your objectives. Pick only one tactic for each objective: the tactic that you think will move the needle the most and that you will commit to executing relentlessly over that 90-day period.

At the 30 and 60 day mark, revisit your tactics to make sure they still make sense.

Bonus: at the end of your first 90-day period, perform an after action review.

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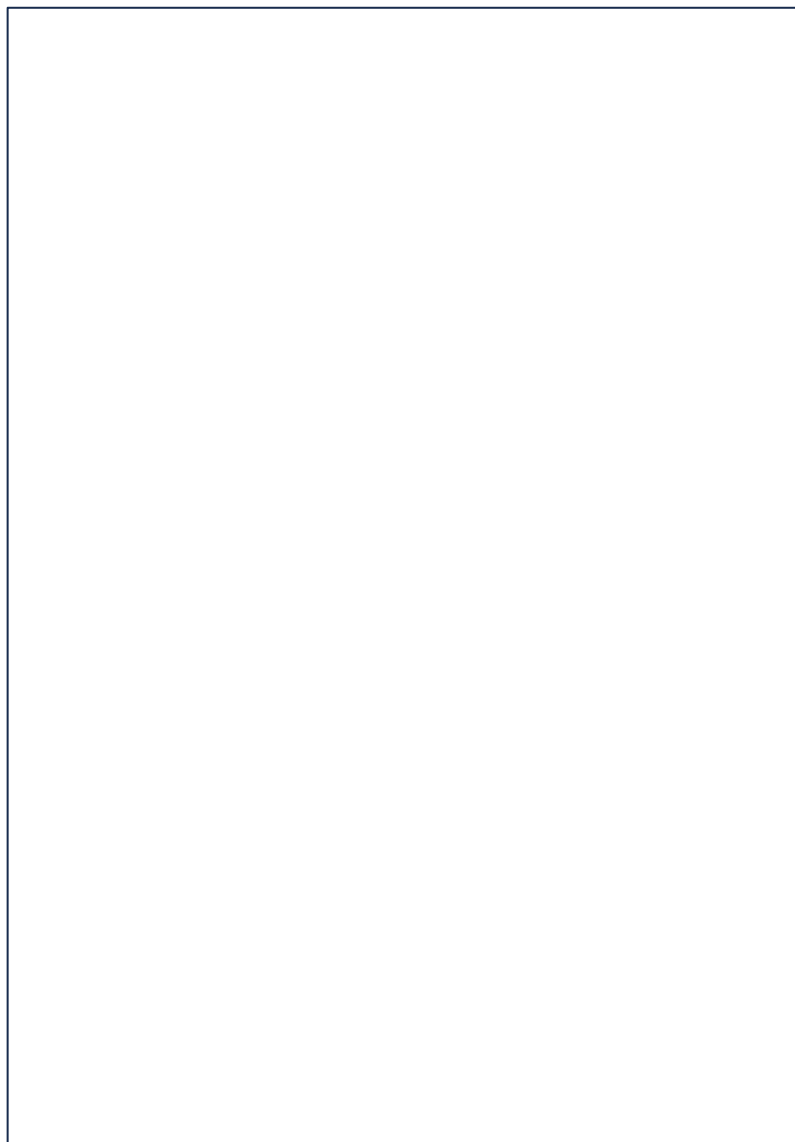
Inoculating for Hardship

Ryan mentions that while trying to find the path of least resistance is often useful for accomplishing objectives, it can be too easy to focus on avoiding hardship, which can leave us unprepared for when the going gets tough. Sometimes the best way to a solution is straight through the hardship instead of skirting around. Plus, doing hard things conditions us to be able to deal with hardship more productively.

Think about this concept as it applies to your life. In what ways could you be more intentional about leaning into “doing hard things” as opposed to trying to avoid them? In what ways do you think you could inoculate yourself against future stress and hardship?

Write down one way in which you are going to choose to do something the hard way, and the future benefits you anticipate gaining as a result.

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Full show notes and resources for this episode [can be found here.](#)

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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