



Ross Watkins  
@RossWatkins\_

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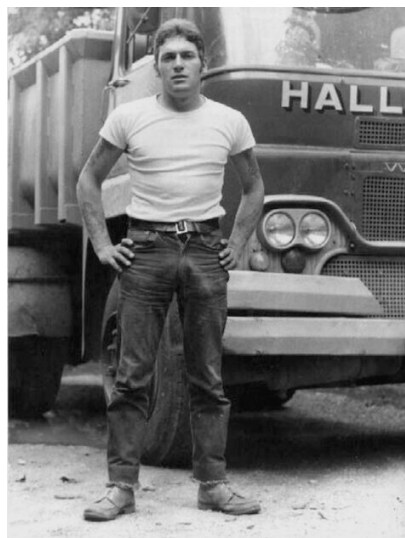
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Masculinity isn't Toxic

5 Attributes Every Man Should Cultivate

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### 1. Self Control

Men that can't regulate their emotions are often manipulated

When your emotions rule your speech & actions your ideas can be dismissed as the message is lost

Self control will help you lead and influence yourself and others

### 2. Courage

The modern world is filled with outside influences

Courage is required to sift through the noise and stand up for what you believe in

Being courageous allows you push past your fears and reach your potential as a man

### 3. Assertive

Don't confuse assertive with bending people to your will

Be direct when you speak

Say what you mean

Don't be afraid to say no

Set your boundaries and don't let others push you around

#### 4. Loyalty

Be loyal to yourself and your principles

Be unwavering in the support of those you love and care about

Being loyal allows you to be the rock your family and friends can rely on

#### 5. Caring

Masculinity is not solely about being hard or stoic

Caring can be as simple as being kind to others

Caring shows empathy and emotional support

Caring allows you to build deeper connection with those around you

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