



Alex • Copywriting Dad.

@Copywriting_Dad

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To be a high-value man, do this...

1. Build a god-like body

Health, wealth and respect will come with a fit body,

Dad bods and everything are just an excuse to laziness

You MUST be fit if you want to be healthy, happy and wealthy.

2. Start a business

You can't afford having fun or being happy when you're broke

A business will make you money, friends and give you skills no one else can't.

(If you want to start a business start here



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3. Learn martial arts

Self-defence is important

Not because you can fight anyone

But for yourself, family and moments you can't avoid.

4. Surround yourself with high value people

You will rise to levels you won't even explain

Someone knows something you don't.

Listen and you will learn a lot,

There is a lot.

5. Ask for what you want

From your boss, friends and family

Ask that salary raise

Ask for the truth

Ask for anything

People will respect you for that.

6. Learn to look at people right in their eyes

People lie a lot

And are never confident with themselves

Look at them in the eyes

You'll know a lot.

7. Tell the truth

There is nothing as shameful as being known as a liar

You may get what you want

But it won't last long

No one will ever believe you.

8. Spend time alone

Some truths about yourself, others and life can only be clear when you spend alone,

Don't ignore the truths you learn.

9. Take care of your health

You have people around you who in one way or the other depend on you

The moment you're unhealthy it will be impossible to perform optimally when needed the most.

10. Learn skills that no one thinks are important

Some skills like;

- Cooking
- Sharpening knives and axes
- Driving fast
- Hunting
- Calculated silence

May seem important to most but you should learn them as a man.

11. Test your theories

Because not everything you listen or have read applies to you

Know what there is

Know what feels right to you

Do that unapologetically.

It's Saturday, and nothing's shorter than the weekend...

So...

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