



MEN THRIVE ATL

LEAD YOUR LIFE. THRIVE YOUR LEGACY.

FOUNDATIONAL LEADERSHIP

QUICK START GUIDE

SEVEN PRACTICAL STEPS TO LEAD YOURSELF
BEYOND SILENT STRUGGLES

*You do not have to solve
your entire life today.
You do need an honest
place to begin.*

JOHN MANN AND MEN THRIVE ATL INC

A PUBLIC RESOURCE FROM MEN THRIVE ATL INC



DISCOVER



DEVELOP



DEPLOY

Start Here

A man can keep meeting obligations while privately carrying pressure, disappointment, anger, fear, shame, confusion, or exhaustion. Silent struggles do not always look like crisis. Sometimes they look like functioning without peace, direction, connection, or honest support.

Self-leadership is the decision to stop living only by reaction. It begins when you tell yourself the truth, identify what is shaping your choices, bring your life into alignment with God's truth, and take responsibility for your next faithful step.

A Ten Minute Leadership Check

Read each statement and mark the one that most closely describes where you are today.

- ☐ I have been carrying something important without talking about it.
- ☐ I am responsible in public but inconsistent in an area of my private life.
- ☐ I know a pattern must change, but I keep returning to it.
- ☐ I am comparing my progress, identity, or success with another man's life.
- ☐ I am disciplined in some areas but uncertain whether my direction is right.
- ☐ I need clarity about my purpose, priorities, relationships, or next decision.

Begin with this sentence The area of my life that most needs honest leadership right now is

_____.

Do not try to repair everything at once. Use the seven principles that follow to identify one truth, one conversation, and one action that can move you forward.

Truth and Responsibility

PRINCIPLE 1

God Never Created Men to Suffer in Silence

Silence can conceal a burden, but it cannot transform it.

What this means There is a difference between healthy privacy and harmful isolation. Strength includes knowing when a burden requires truth, prayer, wise support, or professional care.

Scripture Genesis 3:9 • Proverbs 20:5 • Galatians 6:2

Ask yourself What have I been protecting through silence—and what has that silence cost me?

One step today Name the issue privately in writing. Then identify one trustworthy person or appropriate professional with whom you can begin an honest conversation.

PRINCIPLE 2

The First Person Every Man Must Learn to Lead Is Himself

A man must first lead himself before he can effectively lead others.

What this means Leadership begins before a title. It appears in how you govern your responses, keep commitments, manage priorities, confront excuses, and accept responsibility for your choices.

Scripture Proverbs 16:32 • 1 Corinthians 9:27

Ask yourself Where am I expecting change from others while avoiding responsibility for my own response?

One step today Choose one responsibility you have delayed. Define the smallest honest action and complete it within the next 24 hours.

Identity and Alignment

PRINCIPLE 3

Comparison Can Dishonor the God Who Created You

Comparison can cause you to overlook what God has already placed within you.

What this means Another man's progress is not the measure of your assignment. Your responsibility is to recognize and steward your own abilities, experience, opportunities, relationships, and season.

Scripture Psalm 139:13–16 • Ephesians 2:10 • Galatians 6:4–5

Ask yourself What have I neglected because I have been measuring my life against someone else's?

One step today Write down one strength, one lesson, and one opportunity already present in your life. Use one of them intentionally this week.

PRINCIPLE 4

Alignment Always Precedes Self Mastery

No amount of discipline can compensate for a life moving in the wrong direction.

What this means Discipline is powerful, but it cannot decide whether your direction is healthy. Alignment asks whether your beliefs, motives, habits, and goals agree with truth before you work harder to pursue them.

Scripture Proverbs 3:5–6 • Romans 12:1–2 • John 15:4–5

Ask yourself Am I becoming more disciplined—or am I becoming more aligned?

One step today Examine one important goal. Write why you want it, what it is producing in you, and whether it reflects the man God is calling you to become.

Growth Authority and Purpose

PRINCIPLE 5

Self Mastery Grows Through Truth Honesty and Practice

Self-mastery is faithful stewardship under God—not human perfection.

What this means Growth requires an honest view of your strengths, weaknesses, reactions, appetites, habits, and blind spots. You lead yourself by practicing truthful, responsible choices consistently.

Scripture John 8:31–32 • Psalm 51:6 • Proverbs 16:32

Ask yourself What truth about myself must I accept before I can grow?

One step today Identify one recurring trigger and plan one different response before it happens again.

PRINCIPLE 6

Authority Without Alignment Can Become Abuse

Power magnifies what is already governing the man who possesses it.

What this means Influence does not prove maturity. Healthy authority is stewardship under God, exercised for the good of others and within moral and relational boundaries.

Scripture Matthew 20:25–28 • Colossians 4:1 • Proverbs 4:23

Ask yourself What does the way I use authority reveal about my inner life?

One step today Ask one trusted person how your leadership affects them. Listen without defending yourself, and identify one adjustment.

PRINCIPLE 7

Purpose Is Discovered Through Alignment Not Ambition

Purpose becomes clearer when you faithfully steward what God has entrusted to you.

What this means Purpose is more than visibility, position, or achievement. It develops as you accept your identity, strengthen your character, cultivate your gifts, serve responsibly, and follow God's direction.

Scripture Ephesians 2:10 • Colossians 2:6–7

Ask yourself Am I pursuing God's assignment—or only a definition of success?

One step today Choose one person, responsibility, or opportunity you can serve faithfully this week without needing recognition.

Your Next Right Step

Quick self-leadership is not instant transformation. It is the decision to replace avoidance with one truthful, responsible step. Complete this plan before you put the guide away.

Recognize The struggle, pressure, or repeated pattern I need to acknowledge is:

Reveal The belief, fear, or hidden pressure that may be shaping it is:

Respond The action I will take within the next 24 hours is:

Support The trustworthy person or appropriate professional I will contact is:

Reinforce The practice I will repeat during the next seven days is:

If you may harm yourself or someone else, or you are in immediate danger, call 911 or contact the 988 Suicide and Crisis Lifeline by calling or texting 988. This guide is educational and is not a substitute for medical, mental-health, legal, or emergency care.

You Do Not Have to Move Forward Alone

Men Thrive ATL creates respectful pathways for men to move beyond silent struggles, strengthen self-leadership, build trusted connection, and thrive in their God-given purpose.

This guide is a beginning. The 40-Day Transformational Challenge for Men provides a structured process for deeper reflection, practical action, alignment, and accountable growth.

Take the Next Step

- Visit menthrieveatl.org to learn about current Men Thrive ATL opportunities.
- Join the Men Thrive ATL Community for connection, resources, and ongoing leadership growth.
- Ask about the 40-Day Transformational Challenge for Men when you are ready for a structured next step.

I guide men beyond silent struggles to thrive in their God-given purpose.

John Mann | Men Thrive ATL Inc

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Public Edition

From the Men Thrive ATL Foundational Leadership Principles and The 40-Day Transformational Challenge for Men

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