

SOLID MAN

strong · present · confident

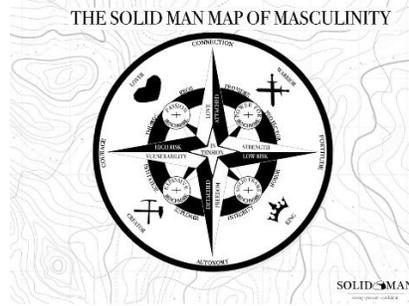
Solid Man Integrity Group Lesson 22

Pillar Four

Mastering Your Masculinity - Part Six

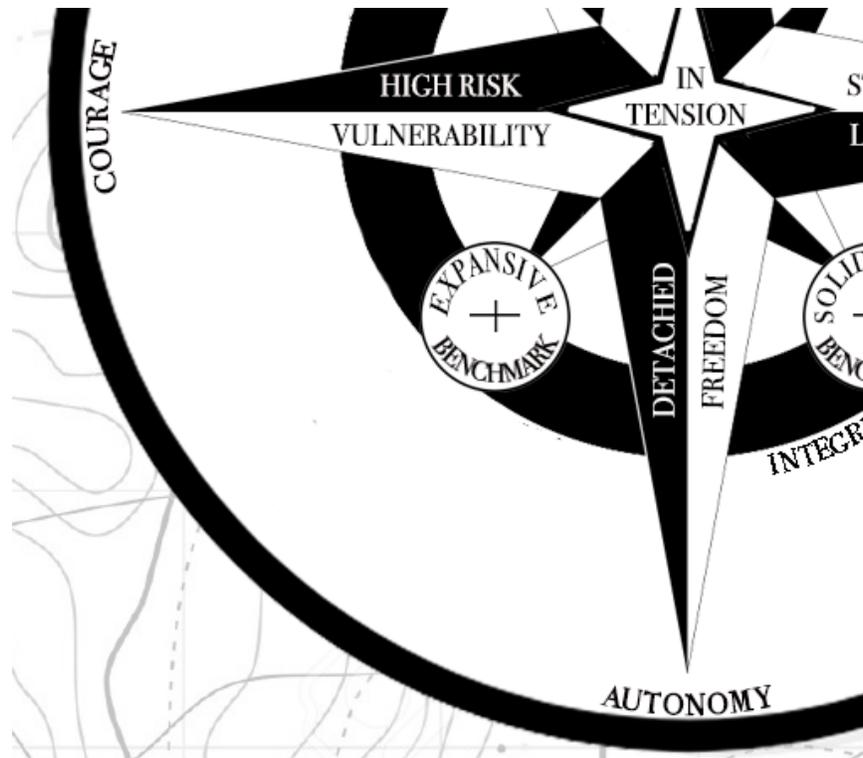
Benchmark Three; Expansive

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7 Quadrant Three - Expansive

Benchmark #3 Expansive



The Expansive Benchmark

At the corner between Autonomy and Courage is the Benchmark called “Expansive”. Expansive is found where the commodities of Freedom and Vulnerability meet. Autonomy and Freedom on one side and Courage with Vulnerability on the other. At first glance this does not seem to fit into the masculine life, this is because we have been taught that Vulnerability is verboten to men. Nothing could be further from the truth and the concept of Expansive will show this.

A man experiences Freedom in this quadrant in that he moves with intention into his world. This is about Courage in that this free movement and action requires facing uncertain outcomes and fearful possibilities with Courage. The term I use here is Expansive.

Expansive means that a man is active, empowered, free. His presence is Expansive; moving and growing as he makes a positive difference and influencing with purpose. He moves into his world, by penetrating and creating life with his presence, voice and strength. The people around him experience an active, decisive and influential force, his life experience expands into the world and his influence grows.

An Expansive man is a man with Direction.

Although he will enter restful moments, you will often find the expansive man moving into, going toward, pursuing and actively creating things with freedom and intent. Even though he engages intentionally with domestic aspects of life, he is not domesticated and maintains a certain untamed wildness. He often desires adventure and the unknown. He loves variety and imagination.

His life is continually expanding into greater presence and influence. He creates a life of thriving for himself and those around him. This aspect of Masculinity “does”, it is not comfortable with being “done to”. Being active and initiating action and making things happen is what it means to be “doing” life. Sitting back, passively watching life go by and allowing things to happen without any influence does not fit the Expansive masculine soul.

80% of life is just showing up. - Woody Allen

Expansive means to grow, move into, penetrate, or to build influence. This is actually how a man’s body has been designed. Our penis represents this metaphor well. It is designed to grow bigger and harder, and then penetrating into an empty space, all while planting seeds of life. So it is with a man’s life.

Expansive mean to create something out of nothing. Where there was only potential or sometimes even nothing, his influence of courageously entering into the Void and creating something is an act of godlike creativity.

This requires great Courage and Vulnerability since you are entering into the unknown or uncertainty (the Void). There is no proof of any positive outcome, only the desire to make something great happen. Initially, a man will have no proof if he has what it takes or if he will measure up, but confidence follows courage.

These great unsettled questions make the endeavor to be Expansive requires Courage to even start. This is why many men sit on the sidelines, neglecting this powerful part of their souls. They are fearful that they may be found out to be a fraud or a poser, which incidentally is highly unlikely if they give it a go.

☞ **My life expands or contracts in direct proportion to my courage. -Tim Ferriss**

Men desire to give the fullness of their personal gifts to all who are around them, which creates a deep legacy that will exist long after they are gone. Creating a different life for loved ones is a profound passion for most men, as we talked in Quadrant #1 with the Provider and the Protector. Along with creating spaces of safety and well-being, men also look outward with vision of something more.

This vision for something more may be for family or community, but often it is just for him. It is for him, because he desires to go into, to penetrate, to see or to experience life to the fullest. Often, we will mock a young man's desire to jump off a cliff in Switzerland in a wingsuit, but we will still be in awe of the video that comes out on Youtube.

But it is just not jumping off a cliff, it is also going deeper scientific research toward sub-atomic places, developing new technology from crazy ideas or considering exploration of the stars. It is entering into the wilderness and seeing things few have seen or pursuing wildlife. It is gaining proficiency in relationships by hiring a relationship coach or reading books or listening to podcasts because you want to grow in your relational influence. It is creating a business or a new way to do anything.

In his essence a man has a deep desire to move into, to discover and to experience. This is what it means to be Expansive, to take his autonomous self and with Courage and Vulnerability move into spaces he has not yet explored. From these experiences, his life will expand, his confidence will expand, his self-image will expand, his relationships will expand, and his influence will expand. He will become a bigger person.

Expansiveness moves a man into discomfort and discomfort exposes us to what we fear the most. And this in turn grows us up into maturity and develops mastery in our lives. There is no other way to grow or to expand. You must embrace your deepest fears and expose yourself to the things that have haunted you your entire life.

☞ **The size of your problems is the size of your life. - Zan Perrion**

Rather than avoid and escape when faced with uncomfortable experiences, the Expansive life moves into them with Courage and faces them head-on. This is where you live life and where you grow.

The Expansive life is a life which engages in Vulnerability in that you choose to put yourself into situations which will stretch you toward personal growth and increasing influence. You will never be Expansive without exposing yourself to situations which create discomfort or represent your deepest fears, like possible rejection, intimate or difficult conversations, potential conflict, increasing the tension, keeping an open heart, speaking from your heart or exposing yourself to things that you fear like heights or rejection.

Remember that Vulnerability is High Risk. It takes Courage to be Vulnerable and that is required as you move into the open, uncertain spaces. As you do this you will continually expand your personal capabilities and influence.

Expansive means that a man is active, empowered, free and influencing with purpose, penetrating and moving into his world, creating the life he wants and moving with intent with the people around him.

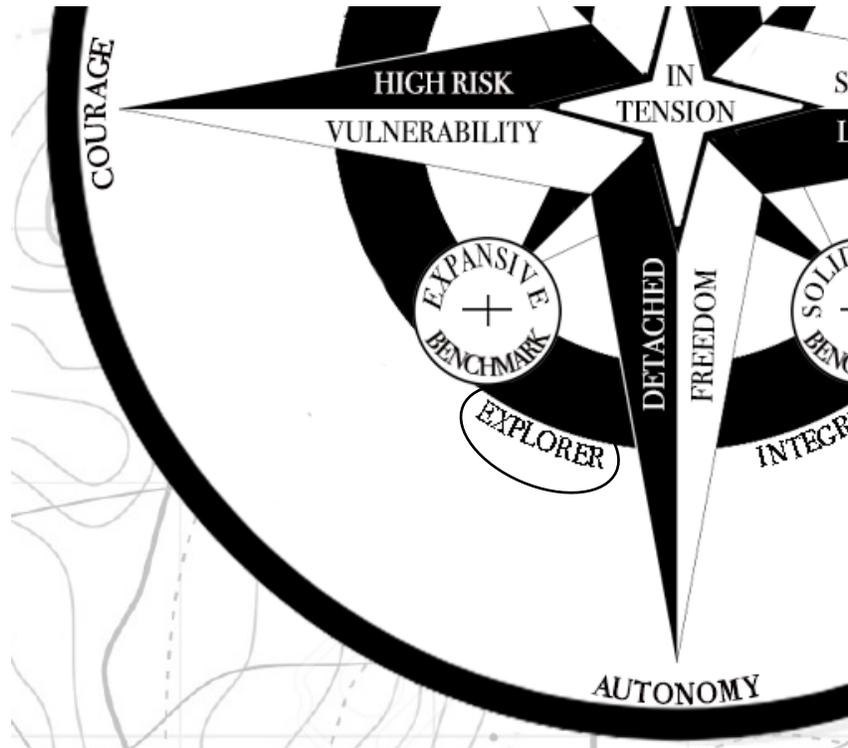
Expansive is epic. It is the great journey of the hero, of the entrepreneur of the explorer. Most importantly it's the journey of every man who desires to be a man. Expansive describes the greatest stories we have heard; it is Quiqueg experiencing the madness of Ahab, it is Frodo climbing Mt. Doom, it is Jesus facing death for mankind. You can think of your favorite stories, fiction and non-fiction, they all are expansive and epic, going way beyond the "normal" life.

Expansive describes every small choice each man makes, essentially because it is a choice. Choice is the movement out into the world and into action. Even if it is the choice to get out of bed or to shave, it is a choice. Choice makes you into a creator and not a victim. Choice comes from our agency and being a person with responsibility and ownership. You can choose to sit, or you can choose to stand. What will it be? Each small choice is where Expansive thrives, or dies.

The Muscles of Benchmark #3: Explorer and Initiator

Reflecting the concept of Expansive, the two Expansive Muscles are the Explorer and the Initiator. These Muscles are found between Autonomy and Courage and are expressed through the Commodities of Freedom and Vulnerability.

The Explorer Muscle



The Explorer Muscle

In the Expansive quadrant and leaning toward the side of Autonomy and Freedom is the Explorer Muscle. Exploring has been a significant aspect of the lives of men from the beginning of time. It is an ancient calling which speaks to a deep sense of needing to see the world or anything that has not been seen yet.

As you have read history, you may have been enthralled with some of the earliest explorers; Marco Polo, Leif Erikson, Neil Armstrong, Ernest Shackleton, just to name a few adventurers. Those who have left home to chart new territory, open new lines of trade or go where no man has gone before hold a dear place in our lives and history. There is something that resonates and connects with us when we remember these great people.

But there is even more to exploring than discovering new lands. Some of the greatest explorers were inventors or writers or mathematicians or engineers.

Scientists and researchers are exploring constantly. Just because Thomas Edison did not leave his lab, does not mean he did not do incredible exploration.

Consider the quest to understand the world at the atomic or quantum levels. The dive into the smallest “nano” thing is exploration at its finest. Just as considering the stars, nebulas and galaxies is explorations on a grand scale, looking into the smallest world is exploration as well.

Exploring could be exploring inward realities. For you personally as you read the Solid Man materials you are on an exploration for the truth about your soul. It is a quest. It is exploring what you are made of and who you truly are. Self-discovery is also a very considerable aspect of the Explorer.

Part of your quest could be Exploring deeper into your relationships and how you came to be living like you are. Thinking about your family of origin or various choices you made in life are all part of your personal exploration. It could be an intentional pursuit of your woman, finding the nuances of who she is and how she thinks and what she needs.

Exercising this muscle could be traveling or visiting new places. It could be going into the wilderness hunting, hiking or fishing. It could be finding new places to eat or new beers or wine. It could be finding new way to do things or places to run. It could be exploring with different ways to have sex or to kiss.

It could be taking up a new thing to master like a musical instrument or martial art. It could be finding that very cool artist that really fits your style. Or going to a new part of town that you’ve never been. Or building a relationship with a culture you have never encountered. An entrepreneur is on a continual exploration of discovering new avenues of influence in business or way to create wealth or generosity.

There are a million ways to expand your Explorer muscle, but only two things are really required; 1) curiosity and 2) get your butt out there!

Here are some more ways that the Explorer is defined.

Penetrating; As I said earlier, our physical being is quite the metaphor for how a man actually is designed to move into his world and plant seeds of life!

In this way the Explorer moves into, enters, takes his presence into his world, enjoys the pleasure of moving into, brings life, reaches out, pursues, life-giving, pushes through, appropriately forceful, breaks new ground, sexually competent and responsible. I know this is somewhat risqué, but it is a significant way a man makes a difference in his world.

Adventurous; The Explorer faces fear, leans into uncertainty, finds new paths, looks for new frontiers, is ready for anything, prepared, pushes into risk, is appropriately risky, is equipped for the journey, he embraces mystery and the unknown, and has a strong sense of the sacred or aspects of life that have deep and profound meaning. He knows his life is a journey in which he will never make the destination, so he will find enjoyment and pleasure in the process of discovery and experience.

Magnanimity; Joseph Pieper says that, “Magnanimity is the expansion of the spirit toward great things; one who expects great things of himself and makes himself worthy of it is magnanimous.” The Explorer is magnanimous as he allows his spirit and influence to expand into life. His presence grows day by day, eventually becoming a blessing to all who know him. His personal generosity of spirit and joy is like a good virus in his community which brings confidence and empowerment to all.

Play; I think that Dr. Brené Brown defines play accurately when she says that “play is doing something where you lose track of time.” This means you could be doing anything, a game, a project, a conversation, exercising, reading, whatever. It is play if you are enjoying yourself so much that you are not aware of time or how much time has elapsed. The Explorer often is engaging in activities that is play. Even if it is working or doing something that takes great effort, it is play. Play with an element of danger or risk is central to being the Explorer.

Other Words Describing the Explorer

The Explorer by nature is also curious, inquisitive, intentional, he moves into, he pursues, he embraces mystery and the sacred, humorous, fun, he gets out there, travels, courageous, daring, bold, playful, man of action, spatially aware and free.

The Explorer TLA

PTV = Penetrate The Void

I have spoken much of the Void in Pillar Two. The Void is that place of Uncertainty, Emptiness, Limitation and Death. It is that space where there is nothing, the unknown or mystery. Mastering your Masculinity depends on your willingness to allow the Void to become a good friend as you embrace it regularly. Remember, that Void creates men.

Penetration is the act of moving into something, sometimes even forcefully. It has the obvious sexual connotation, as a penis would penetrate a vagina, an apt metaphor, but it is so much more. The Explorer seeks to penetrate the world or life in general, by moving into it with intention, vigor and playfulness. He seeks to discover and see what there is to see.

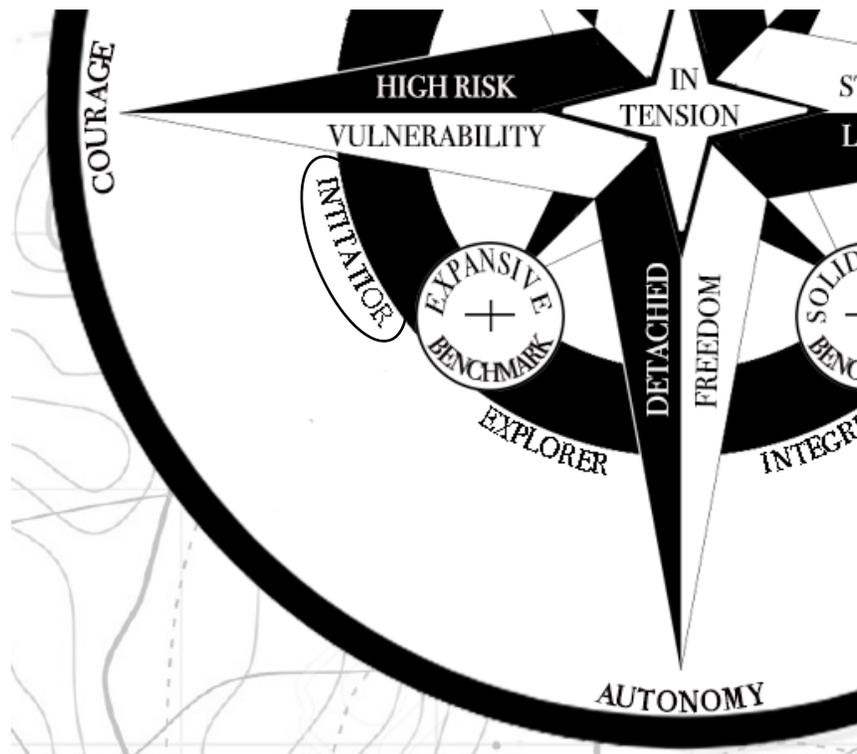
He seeks to experience all there is to experience. Some call this “to suck the marrow” out of life. The Explorer wants to find out what it means to live whole-heartedly and fully.

The Explorer seeks to create something out of nothing. Penetrating means to move into spaces that did not exist before in an act of creation. It may be the creating of a family, a business, a team or a safe environment. It may be creating justice where there was injustice. Where there was nothing, your intentional actions made something.

The Explorer will face obstacles as he penetrates the world. Expect significant pushback as you move. This is the normal procedure. Your woman will test you. Nature will test you. Your resolve will be tested. What are you made of? Will you give in? What really brings true meaning and value in your life?

👉 **Penetrate The Void with courage, intent and passion.**

The Initiator Muscle



The Initiator Muscle

In the Expansive quadrant and leaning toward the side of Courage and Vulnerability is the Initiator Muscle. The Initiator is very near the top hemisphere that has to do with relationship but is still on the Autonomy side. This means that while the Initiator predominantly has to do with independence and autonomy, he does much of his work in the realm of relationships.

To initiate means to cause something to happen. The Initiator is the agent or cause of actions, experiences or types of environments. He is the cause of action or activity in that he has the courage to choose a certain path of action. He is the cause of experiences in that he is willing to create opportunities for living life to the fullest. He is the agent for creating environments of fun, safety or justice.

We have a very limited amount of power or control in life. Really, we can only control ourselves and only some of what happens in our environment. We can choose to act, not act or how to act. We can choose to make and hold a space for a certain thing like a conversation, loving act or just a secure place to be. The Initiator understands his limitations, but he takes full advantage of the power and control that he does have.

As an influencer, the Initiator can and will take the people around him to new and exciting places of love, experience and play. He is open and vulnerable with his heart to those closest to him.

Courage is the primary characteristic of the Initiator. He is willing to face his fears and move in spite of those fears. He understands that negative things like rejection could be a possibility, but he moves ahead regardless. He will start the difficult conversation, he will ask for help when needed, he will flirt and he will ask for what he needs or wants. He makes things happen.

Here are some other ways the Initiator is defined.

Active/Engaging; The Initiator moves, goes and makes things happen. He just does it and gets it done. He is helpful, emotionally present, affectionate, humorous, and fun. He collaborates and partners with others as a good team-mate and leader. He is appreciative, responsive, interactive, interdependent, reliant, asks for help, and is good at teamwork because he knows it's one of the best ways to get things done. He blesses others, speaks clearly, and listens. The Initiator ascertains what is going on around him, with others he is with and self-ascertains what is going on inside of himself. He is an activator.

Intentional/Purposeful; The Initiator hopes, dreams, is visionary, leads and has develops a plan as he goes through each day. He creates and develops the life he wants and makes it so. He is willing to take the gamble as a lover, an influencer and as an entrepreneur. He develops mastery in many arenas of life. He makes a legacy as he develops his career, builds his family and serves his community. He lives at a balanced pace, is responsible for his actions, creates freedom for himself and others. As life comes to a close, he finishes well.

Life-giving; The Initiator procreates as he begets generativity and creates love, family and blessing. He is observant, aware, and speaks life in as many areas as he can. He is connected, and enlivens relationships through his personal generosity. He is culturally aware and therefore begets freedom, protects innocence, creates environments for growth and innocence as he places self in positions to protect and provide. He creates life out of chaos, bringing order to situations in which he is present. A Greek word, *eudaimonia* fits him well, it means “to create a life of thriving and happiness”.

Other Words Describing the Initiator

The Initiator is also a starter, intentional, purpose, action-oriented, presider, observant, aware, self-confronts, emotionally present, affectionate, reaching, touches, teacher, captain, focused, partners, awake, present, makes you so glad he has chosen you.

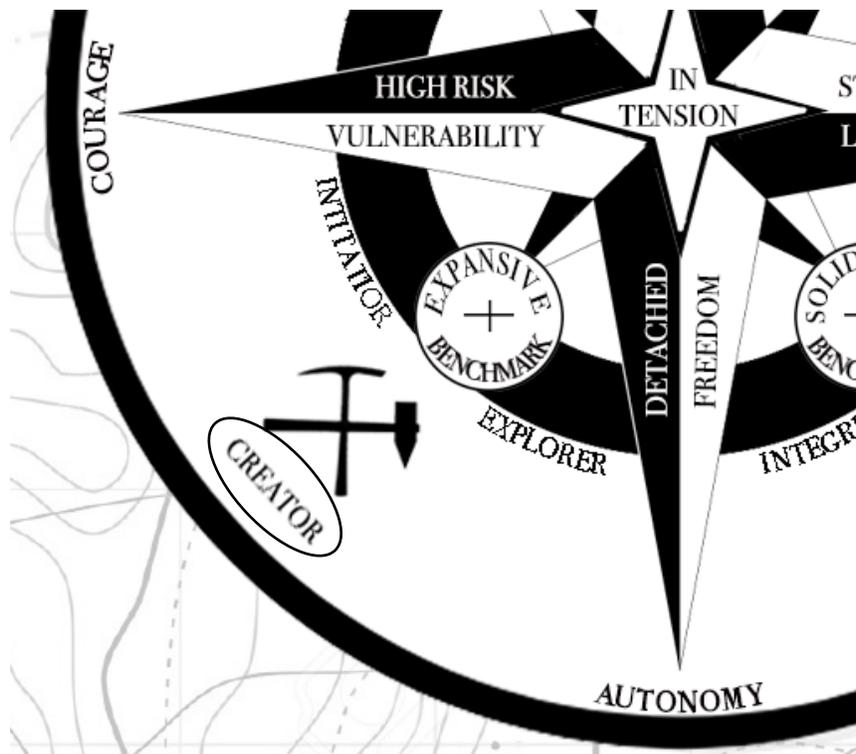
The Initiator TLA

MSH = Make Shit Happen

The Initiator makes things happen in his life. He is a starter, he has intent, he follows through and gets stuff done. He is reliable. You can count on him. You want this man on your team. If the zombie apocalypse happened, you would want this guy to be with you. He makes shit happen.

Women love this type of man because they don't have to always make the decisions. They don't have to guess what he wants or needs. They don't have to be responsible. Your woman can rest and enjoy the ride because you are making what needs to happen, happen.

The Expansive Archetype; Creator



The Creator Archetype

Like any of the archetypes, there are many different things that you think of when you consider the idea of a Creator. A Creator makes something out of nothing. I have spoken of this before, but the most important aspect of the Creator is the concept of “Ex Nihilo”. “Ex” is Latin for “out of” just like the English word “exit”. “Nihilo” means “nothing”, just like “nihilism” which is the belief in nothing or “annihilate” to make something into nothing.

Biblical scholars use this term to describe how God, the Creator, created our world, Ex Nihilo or “out of nothing”. The Creator archetype goes back to the beginning of time and makes something out of nothing. Our greatest inventors, writers and imaginative minds have been able to make something out of nothing.

Tolkien created Middle Earth with all the history, language, religion, culture and peoples. Da Vinci created the Mona Lisa and many inventions. Benjamin Franklin created many cultural ideas as well as inventions. The Creator is one who takes nothing and makes something.

What exists in this world, because you exist?

Becoming a Creator requires that you know that you have the capacity to create, that you have been designed to make something out of nothing. This is our design, this thing is in us since we have been made in the image of God. Embracing the archetype of Creator is a Godly endeavor.

Becoming a father is becoming a Creator. Your kids did not exist before you did what you needed to do to connect your seed to an egg. This is the same as you create a family. There is now a group of people who live together that never was there before. You can make your family become what you want it to be. Your family of origin may have had characteristics that you did not appreciate, now you have the influence to make your own family become what you want it to be.

The Creator takes up the cause of creating life and then move life toward thriving. His voice is powerful as he actually speaks life into existence by saying what needs to be said, by blessing others, by saying “no”, by holding fast to what is right, by standing up. His voice is influential and creates a space of safety and goodness.

Any kind of art or mastery is the realm of the Creator. You can create music, stories, woodwork, houses, buildings, inventions, roads, ideas, photos, paintings, sculpture, events, businesses, new ways to play football (or any sport), new laws, curriculum, apps, software, the list is endless and is only limited by your passion.

Art usually comes from a deep desire to make things more beautiful. Paintings are obvious to this, but engineering a bridge is as well. Or creating a device that will help someone with Type One diabetes to thrive is creating beauty as well.

☞ **Beauty and thriving are significant goals of the Creator.**

Mastery is similar since equipping yourself to become proficient in any endeavor (guitar, electrician, running, coaching, speaking, martial arts, etc.) is how you become a stronger and more influential Creator. What will you choose to master as you become a more powerful Creator?

Being a Force for Good is a man being a Creator. Dr. Jordan B. Peterson challenges us with this question; “Are you tilting the world a little toward hell, or a little toward heaven?” It’s a simple question that challenges what kind of man we will be in the universe. A Creator creates and makes something out of nothing. The evil man tilts things toward hell by making something into nothing.

Redemptive Creativity is another type of creating. Redemption is the “buying back” something that was lost. Many of us have estranged relationships where we no longer interact with a family member or friend. This may be for good reasons where you set good boundaries. But usually broken relationships are not for healthy reasons. Redeeming the relationship and healing what is broken is the work of a Creator.

The Creator also creates environments. He holds space to create safety, learning, healing, conversations, play or fun. This can expand to highly influential arenas; creating a concert hall, safety for an entire nation, logistics for making sure food is available, or less grand with having a quiet family meal or a romantic moment with your woman.

Consider the many ways you can begin to expand your ability to create. What do you want to build? How would you want life to be, for you and your family? What do you want to make more beautiful?

Distortions of Quadrant #3

The dark side of Quadrant #3 has three main pitfalls; Passivity, Oblivious and the Domestic. These shadows of Expansiveness, Exploring, Initiating and Creating are so obvious in our world today. Most men don’t have many experiences that follow an expansive path. Most men sit back and let much of life just happen. Let’s look at these three distortions of a significant part of our manhood, Expansive.

Passivity is described as a life that is frozen, paralyzed, disengaged, inactive, avoidant or withdrawn. This is a living a life which has no Courage to face the vulnerabilities with all the risk that unfolds throughout life. Remember it is not an accident that this quadrant is represented by penetration and metaphorically living with a “hard-on”. Therefore, the distortion is as though a man’s frame or posture in life is flaccid, limp and unable to move into life with purpose and positive influence.

☞ **Procrastination is the passive man's limp motivation.**

Often a man will feel “Damned if I do, damned if I don’t” and so he just doesn’t engage and withdraws. He will get push-back, tension or face obstacles, but since he is dominated by fear of rejection, not getting it right or not being liked, so he removes himself from the potential failure by withdrawal or passivity, which becomes a self-fulfilling prophecy and failure to be masculine. As he sits back in his fear, his life passes by and he misses his grand opportunities. But it is never too late to change that, by getting into the game.

Oblivious is described as a life that is intentionally or unintentionally being unaware or putting your “head in the sand”. The oblivious man is unaware of himself, his own internal workings and his own needs and wants, as well as the wants and needs of those around him. He is ok with the “blue-pill” life and rather uninterested in reality and truth or very content with what he thinks is reality and truth.

The oblivious man is satisfied with not being aware, therefore not responsible for action or failure. He does not want ownership or responsibility and since he is off the hook, his woman and others around him become over-responsible. Just like passivity, this is a fear-based posture which keeps a man disengaged, waiting and withdrawn from life.

The terminology recently is to be “Woke”, that is to have your eyes open to the way things really are or to clearly see and understand the experience of others that are different than you. The oblivious man has no need or desire to be Woke. He is just fine in his little life, trying to make things work like he always has.

The Domestic is to be tamed or to have your “wildness” driven from your soul. Masculinity has a strong sense of being wild or living freely. The “Wildman” lives deeply within us and is suppressed in our culture, as though there is something wrong or unsafe about him. He was fine in the frontier of the “old west” but not here in town with civilized folk. So, he doesn’t have a home, except in a cage.

Most men live in a family context. In the home, the domestic swallows everything in its path and takes men with it. We get caught up in the logistics, the needs of kids, the honey-do list and keeping things going that we lose a deep part of our soul which is represented by this quadrant. I’m not saying that we don’t engage in the domestic parts of life, that is a huge part of living. Of course, do the dishes, fix the plumbing, change the diapers, take your kid to soccer, but do not, under any circumstances let the domestic steal your soul.

The domestic takes hold by taking the easy path, following what you “should” do, making sure everyone is happy with you and having what a perfectly put-together life

looks like. That's how it takes over, it gets your attention on what seems to be the most important and then sucks you in. If you will develop the Expansive life you will need to face the Domestic with intent and Courage. The Domestic is a great place to expand your life, you just can't let it take over.

Because most men have never really considered what a life filled with Expansive energy looks like, these three pitfalls or distortions are to be taken seriously. You must consider how to change the entire trajectory of the way you live and then make it happen.

Benchmark #3 Motto:

“I am a man of action, I will move into life intentionally with courage, giving and experiencing as much of life and abundance that I can, in all situations.”

Concrete Steps to Build Expansiveness:

Responsibility

- ☞ **I am responsible for my life and I will engage in strong personal boundaries.**

You are responsible for getting your butt out there, Penetrating the Void and Making Shit Happen. No one else will go in the direction you will go or do this the way you will do it. You will make your own indelible mark on this world, so make it yours. You don't need permission to move and go, just do it like you do it.

Self-Care

- ☞ **To maintain personal integrity, I must engage in intentional and consistent self-care.**

As you engage in Expansiveness your well-being is of prime importance. Remember the guy in the wingsuit shooting through the tiny arch in the video? Yeah, he will probably die young. The saying goes, there are bold climbers and there are old climbers, but there are no old, bold climbers. So, as you get out there and explore and initiate and create, be wise and choose well. Prepare yourself well for whatever endeavor you seek. As always get in shape, get the sleep you need and eat well.

Balance

- ☞ **Keeping a good balance in life will help me hold my center.**

If you choose to be a husband or a father, keep strong balance with your adventures and your providing/protecting. If you remain single or kidless, just remember you do have people who love you, so respect their desire to keep you safe. Give them regard, but don't let that keep you from moving and expanding.

Expansive Character Comparison

Jesus; The concept of the “incarnation” means that Jesus left heaven to join us on Earth as a human being. I would classify that as expansive. So, he does do the Explorer by coming into our world. He also pursues relationship with all the people of the world. So, he does the Initiator as well. Not to mention that he goes into the netherworld and faces death for all mankind. It is said in the Bible that Jesus was a co-creator as the known world was created. As well that he continues to hold it together. So as a Creator he hits high marks.

Maximus; Most of the story we see involves him in situations that he has been forced into. It begins with him in a very high position at the right hand of Marcus Aurelius, which means that he had risen from soldier to commander to general, which is very expansive. He does amazing things in the forced situations, which shows great prowess, but doesn't give him much opportunity in Expansive.

William Wallace; In the story, he starts just a love-struck young man fresh from studying abroad, and in the end, he is one of the most influential leaders of Scotland. He moves passionately, intentionally and expands his influence as the story progresses. He is high with Initiator, not so much with Explorer.

Aragorn; He is definitely an Expansive character. He starts off as a ranger protecting the Shire, initiates battle after battle, goes into the deepest of dark places to gather armies of the dead, and finally marries an elven princess.

Others; Pretty much any man who still lives in his mother's basement is a fail in this quadrant. We have a society of men who are passive and silent, who have a rough time initiating anything except with video games. Video games are the counterfeit expansive territory. Virtually a man can go and be the Warrior, the King and the Creator, he can engage and initiate without fear. But as much as video gaming can help a man feel like a man, it is still just a digital counterfeit experience.

Group Reflection Questions; Quadrant Three – Expansive

Remember that Quadrant Three is at the crossroads of Autonomy and Courage, where we develop our Vulnerability and Expansiveness into our world. The motto is;

“I am a man of action, I will move into life intentionally with courage, giving and experiencing as much of life and abundance that I can, in all situations.” This Quadrant has the Muscles of Explorer and Initiator, the TLA’s of Penetrate The Void (PTV) and Make Shit Happen (MSH) and the Archetype of Creator.

Balancing the realities of High Risk, Vulnerability and Courage with Autonomy and being the best version of yourself, means that you will place your self out into the dangerous world. Whether that is through adventure, relationship, business, or just playing with life, it will be getting out there and creating the life you want. In what ways have you been doing this, or not?

The Expansive motto is, “I am a man of action, I will move into life intentionally with courage, giving and experiencing as much of life and abundance that I can, in all situations.” How does this motto describe you?

Being Expansive is a life of moving and engaging with life, play and danger. In what ways can you or have you built this kind of lifestyle?

The muscle of Explorer is being the kind of man who moves into places and spaces that not many have gone before. It could be the wilderness, a science experiment, a woman’s heart, building an engineering marvel or just about anything. In what ways have you been an Explorer? What would you love to do as an Explorer?

The Explorer acronym is Penetrate The Void, which means to move into empty spaces. For you what comes to mind? What does penetrate mean and what does the Void mean? What would it look like for you?

Developing the muscle of the Initiator would be to start things, get things going or to enter into the tension of difficult conversations. What have you started, what do you want to start and what would being an Initiator look like for you?

The Initiator acronym is Make Shit Happen, if you were to do that what would happen in your life that is not happening right now?

The archetype of Creator is becoming someone who takes his capabilities, skills, competencies and mastery and makes something out of nothing. It could be creating a family, a business, a computer process, a building, a bridge, a satellite, a relationship or a million other things. What have you created and what do you want to create before you die?

Take a look at your answers. What stands out to you?

Which of these concepts seem to be areas which need some work? List at least 5.

For each of those you listed, think of three things you could do to become more confident with that concept. For instance, if you are not very good at **Initiating Play**, you could; start a monthly game night at your house, invite a good friend to go camping, learn to bowhunt, read a book on sex with your wife to learn new aspects of sexuality.

What other insights do you have about this lesson?