

*The purpose of The Standard is to equip men with the tools to achieve their full potential in every aspect of their lives through the context of a like-minded community of men striving for excellence.*

## **The Standard Man Checklist**

*21 Questions Every Standard Man Should Say Yes To*

1	Do I have full-time employment?	
2	Have I balanced my budget to where I am saving/investing 10% of my money each month after all my bills are paid?	
3	Do I have at least three-six months of expenses saved up (minimum 10k)?	
4	Do I have my money in one long-term investment (real estate, stocks, index funds, etc.)?	
5	Am I making at least 75k a year?	
6	Have I written down all my past wounds and heartbreak and dealt with it?	
7	Have I written down my life's purpose?	
8	Do I have my identity (I AM statement) written down?	
9	Do I have my three core values written down?	
10	Do I have a short (1 year), medium (5 years) and long term (10 years) goals written down for my life?	
11	Do I have a detailed, written description of how I want to see my life at 55 years old?	
12	Do I drive a good quality vehicle (irrelevant for commuter cities)?	
13	Am I in great physical shape, working out at least 3 times a week?	
14	Do I have a like-minded men in my life to hold me accountable?	
15	Do I have an older mentor in my life who motivates me to be my best self?	
16	Do I wear an attractive, mature clothing style to present myself in the best light?	
17	Do I honestly speak my mind and establish healthy boundaries for others?	
18	Am I walking with God as I am pursuing my purpose and building my kingdom?	
19	Do I have a strong social media profile that represents my life?	
20	Do I have a homeroom in my city where many people know my name?	
21	Do I know a person that I can emulate who I want to be at 50 years old?	

### **The Standard Core Values**

1. Excellence- A desire to be great in every aspect of life.
2. Teamwork- A desire to work together with other men for the greater good.
3. Character- A desire to be a high caliber individual who is a role model to others.
4. Legacy- A desire to have a wife and children and to leave a strong family legacy.