Men on the Edge --- Suggested Action Steps

So …what practical actions steps could you implement, with the goal to improve your current situation? You may have heard the definition of insanity: "is doing the same thing, however expecting a different outcome". Often our lives are very busy and sometimes we end up wasting valuable time just being busy. A suggestion is to cut out some less productive activities and then add a few healthy tools to begin growing in your marriage or current relationships. I encourage you begin today taking positive steps to begin to change your tomorrow, and learn how to become a student of relationships. Don't wait…write down some positive, practical steps that you can begin today.

Here are some positive practical suggestions to help improve your current situation:

1) Start attending your local Christian-based church each week.
2) Personal / couples counseling bi-weekly (or both).
3) Join a men's support group in your local Christian-based church.
4) Join a men's/ couples bible study in your local Christian-based church.
5) Attend Christian-based marriage seminars.
6) Read several Christian-based books (see the MOTE suggested website book list).
7) Read the bible 15-20 minutes per day in conjunction with a specific study.
8) Set a goal to memorize x1 bible verse per week.
9) Begin tithing, (learn this valuable habit to giving back to God each week).
10) Find 1-2 safe Godly men you can share openly with on a weekly basis.

List below a few practical actions steps you can begin today.

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