Brotherhood Map

Think about who is already in your life, what you share with them and what you might want more of. Initials are enough.

Who’s already at my table?

Think friends, brothers, men from work, the gym, a group or somewhere else.

What do they know about what life is really like for me?

Who knows the hard parts? Who might be open to hearing a little more?

What feels missing right now?

Put it in your own words. If you want to meet people, consider a men’s group, a class, a faith community or starting a regular meetup.

One thing I can do this week

A small invitation or one honest sentence counts.

What I noticed afterward

What felt awkward? What would I try again?