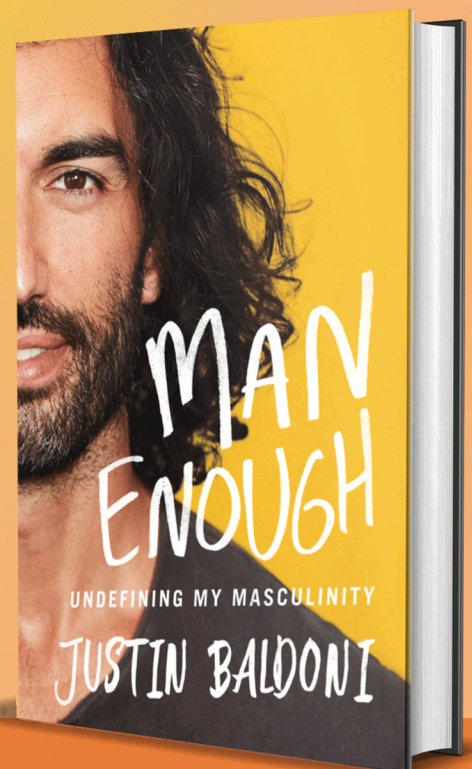


MAN ENOUGH

READING GUIDE

1. What did being “Man Enough” mean to you before reading this book? Which chapters help to challenge or affirm those notions most for you and why?
2. Justin writes, “I’d love to create room for all the ways in which bravery manifests itself in each of us; in the ways that we take risks, not just with our bodies, but also with our hearts” (p. 21). Think of a time when you were called to act on emotional bravery. How did this experience influence your personal growth and self-image? Who were your pillars of support, and how did their response to your vulnerability impact you? (chapter one)
3. Using the “Why Ladder” method given by Justin in chapter two, investigate your motivations in relation to a goal in your life. What social environmental factors (peers, social media, etc.) contribute to those goals? How can you best reframe your motivations to help align you with your “truest” why? (chapter two)
4. The topic of mentorship is discussed when Justin touches on what makes a man “Smart Enough.” Who has played a significant mentorship role in your life and in what ways? Are you playing or have you played a mentorship role for another? Are you more comfortable playing the role of the mentor or the mentored? For the role you are less comfortable playing, consider the reasons behind why that is. (chapter three)
5. On page 138, Justin asks, “The expectation is that we have to choose between being confident or insecure, being assertive or being sensitive, being emotional or being a man. But what if these aren’t mutually exclusive?” How does this inner conflict manifest in your own life? What would you say to a friend who confided in you that they were struggling with this dilemma? How might you apply your advice to your own self? (chapter four)
6. In chapter five, Justin shares his thoughts on the intersectionality between gender and racial privilege. Have you ever experienced or been a witness to an experience that made you acutely aware of said privileges? What kind of conversations would be helpful for men to have around privilege and what they can do with theirs? (chapter five)



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7. Go to page 193 where Justin begins with, “Here’s a little hack that helps me the most when I am stuck or feeling lost.” Use that exercise he provides and consider the questions included. Discuss the changes you’d like to make or the choices you’re proud of making after your reflection on what a successful life truly means to you. (chapter six)

8. In what ways has society conditioned men to believe their manliness is related to their sexual capacity? Why do you think it is that some men are unable to seek guidance regarding sexual intimacy, or are uncomfortable doing so? What are the possible benefits that may come from being able to do this? (chapter seven)

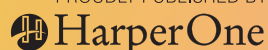
9. When sharing the thoughts he had prior to getting married, Justin says, “My subconscious understood that in some way my getting married was going to be the first step in the death of a version of my masculinity.” Do you agree that committing oneself to another means sacrificing one’s “masculinity”? Why, or why not? How can these commitments help to nurture masculinity, instead of oppress it? (chapter eight)

10. “Show me your heart. Show me your heart. I’ll show you, you are my heart...” goes the simple but sweet song that Justin and Emily taught their kids. What does “showing your heart” mean to you? What positive impact might this song have on the Baldoni children as they grow into adolescence, into adults? (chapter nine)

11. What makes you human enough? How has Justin’s discovery of his being not just “Man Enough” but human enough inspired you to witness that innate worthiness in yourself? And finally, what impact can you make on your circles, communities, and world from that awareness of being enough? (chapter ten)

12. In the book, Justin often touches on how influential his father’s progressive fathering style was on his own upbringing as a man. He also emphasizes how important it is for him to be a core example of the man he hopes his own little boy would grow into. What kind of example would you want to set for your own son or the next generation of young men as a whole? What would you like for them to understand about what it means to “Undefine Masculinity”?

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