

SCRAWNY OR BRAWNY? A CHECKLIST.

Remember: the things we think and the habits we follow determine what we'll become.

So are you living like a Scrawny guy? Or are you living like a Brawny guy?

A Scrawny Guy

- Does what other people expect him to do.
- Isn't proud of his body.
- Is happy with mediocrity.
- Wastes time.
- Puts off work, procrastinates on Facebook, and makes excuses.
- Commands negative attention with his machismo.
- Doesn't know how to stand up for himself.
- Gets in debt and spends money frivolously
- Has fickle relationships with friends and romantic partners.
- Complains all the time.

A Brawny Guy

- Lives by a set of rules he's spent time thinking about.
- Builds his body to be muscular, athletic, and healthy.
- Seeks awesome life experiences.
- Spends time doing things he wants to do.
- Kicks ass when it's time to work (whether at the office or in the gym).
- Commands a room with his confidence.
- Knows what he needs to live a good life.
- Knows how to make money, keep it, and use it to fix problems and have fun.
- Fosters real relationships with people that are important to him.
- Makes his life – and the lives of others – better than most people dream about.