



SAMPLE KNIGHTHOOD PLANS



Sample Knighthood Plan #1

My Personal Knighthood Plan for 2010 - Year 3

I have made many mistakes in my relationships with my wife and family. Some of which I regret, and for some I know I have learned to be better as a result. I live by the creed to be a “servant leader, and to lead by example”. I hope that I display my love for my family by faith and devotion. I am satisfied with how I have dealt with the wounds of my past. This has made me a stronger man, , more dependent on Christ as my savior, and more devoted to my family and friends.

Knight Questions:

Core: BODY (Brain that thinks/feels, physical wellbeing, acceptance of what you can't change)

- I have struggled over the years with my physical fitness. From my time in the military until today, I continuously contemplate the repercussions of my weight/fitness level and my health. The first step I have taken was to join a local gym in Dec of 2008. I have consistently worked out several days a week when possible. I have had marked improvements, but it's not enough.
- I can't change the fact that I must work much harder to get fit (It does not come easy for me), I WILL work harder, eat better, exercise more often, and take the necessary steps to be sure I am here to see my future grandkids grow.

Core: MIND (Learning to respond differently in at least one area – King / Lover / Warrior / Friend)

- Each category listed above is very important to me. I take each very seriously.

- King: I work to rise above the “junk” - to be a true servant leader.
- Lover: To my wife - my soul mate. I will honor her and love her until I am no longer on this earth.
- Warrior: This one comes the most easily for me. As a military and law enforcement person, I know how to fight for what is right and honorable and true. This is an expectation I have of all men whom I surround myself with and call brother.



Friend: Tough one sometimes: I try to be a good friend, providing support and encouragement. I am an inclusive person and try to involve and include as many as possible. In some cases, I fight the fear that I am being left behind. Competitiveness rises up and causes problems within the group. I need to work on being a friend, no matter what! I need to let go of the fear that we do not have forever strong relationships with some in our group. I need to stop trying to make people care about each other, and just be a good friend.

Core: SHADOW (Dealing with the lies and negative influences that permeate your life)

- I to deal with shadows in my life. Things I am not ready or willing to address. Mostly past issues that I like to push under the rug and imagine they never happened.
- Anger comes from this type of experience. I must work on forgiveness. It's only true forgiveness that can affect the shadow in my life.

Core: SOUL/SPIRIT (The longing for a relationship with God or an active connection with God)

I love Christ and know that He is my savior. I have a strong relationship with the Lord and long for a deeper understanding of HIS word. I do pray, and I do attend church, lead a life group, etc. What I don't do well is committing to being in the WORD. This is a problem and I recognize my failure in this aspect of my life.

Core: SELF (Choices and decisions made considering input from core, armor, chainmail)

"Put on the full Armor of God" – I carry a coin in my pocket that states this message. I carry this "Armor of God" coin always. It signifies the traits I feel encompass what it really means for me to be a Man- a Knight-

- Helmet - of Salvation**
- Shield- of Faith**
- Loins - grit with truth**
- Feet – Gospel of peace**
- Sword- of salvation**
- Breastplate- of righteousness**

Ephesians 6: 11-18



Today:

Regarding how I evaluate myself in light of the definition of real manhood:

- I reject passivity: It is my mission to lead in a manner that instills my commitment to God, and my lifelong walk with Jesus Christ. I would like to spend more time in bible study (I find this very difficult and need to work much harder to do this) and also with my family
- I accept responsibility: Responsibility for my actions, and the actions of my loved ones. I know they act and react based on what they have been taught by my example. I accept responsibility to protect my wife and my family, and to provide for their safety and security.
- I will lead courageously and with all the protection from God the Father. My call to lead goes farther than my family, and extends to my extended family, my church, community, business and community.

As a Father:

Both of our children are quickly becoming independent. As their father, I *will* spend more of the precious time we have together. I need to make a point to have meaningful and deliberate “dates” with them. I will spend time talking to them about their plans, and hopes and dreams for the future. I want to get to know them. My wife and I promised ourselves not to “do as our parents” had done with regards to our families and raising kids. Honestly, we have accomplished our mission! They have been given opportunities and loving direction, far beyond anything my wife and I had received from our parents. They are much more worldly, and understanding, having served in missions all over the world. I am pleased with how I have done as a father. I am truly blessed with having found a good wife, who has walked with me as a partner in life and as my best friend.

As a Husband:

My wife and I are coming into a “change of seasons” in our marriage. My wife and I are preparing to enter into a time of uncertainty, and also of new beginnings. We are finding new and exciting ways to get reacquainted as adults. We still struggle at times, but the good always outweighs the bad.



- Today, I will continue to pray for her and for our marriage. We will need strength to endure the tough times ahead. We still need to love as one, and support our family and each other through the new adventures in life.

- I will listen to her better, and to understand fully what is going on in my wife's life. She has a hard job working in a busy and demanding office environment. I will make sure that I give her my full attention without distractions, and I will love her unconditionally, as she is my one true love!

- I will embrace our "alone time" with each other. Enjoying more intimate time, and loving the leisure time we have together.

As a Man:

There are many things I need to do better! I need to get in shape and eat better because I want to be here for our golden years. I want to be the grandfather who gets to spoil his grandbabies.

- I have begun to work out and joined a gym in December 08. I have actually enjoyed working out these last 4 months and can feel the fruit of my labor.

- I will think before I eat!

- I really want to take ballroom dancing lessons with my wife, play tennis and ride my mountain bike. This is a difficult task because of my work travel schedule, but these things are important to me, and I will find ways to make it happen! (Note- 3 years now, and have not done this)

- I will continue to grow in the Lord, and to be involved in Men's ministry opportunities. I feel I am called by God to serve. I know that God is not finished with me and he will show me how and where I can serve, and he will use me when I'm needed.

- I will continue to act as the "facilitator" for our extended family and friends. Family is important to me, and I cherish all the time we have together. We have become the host to our



family and friends events and we love to share our home with others. I will continue to get everyone together as much as possible. I will also continue to lead my family in the way of our Lord.

A look ahead:

- I hope to be known as a man who served others and not just himself. I am honored to have served my wife and my family, my country in the military, and in Law Enforcement. I have been blessed to have served in Missions for the Lord, and continue to serve the ones I love as a husband and father.

- I would like to live prudently, but still enjoy life and all there is to do and see in our world.

- I would like to grow in love with my wife, learning to enjoy each other when the kids are grown.

- I would like to have the ability to live comfortably and be able to help to support our parents as they age and need our help.

- I will be a good friend!

- I want to be a rock to lean on when our kids need us.

- I want to make a difference.

By the End:

It has been my MISSION to *live a legacy* of a man whose life was filled with purpose. To live a life of full of love and respect, as a kind, nurturing and supportive father and husband. A father and husband who never gave up when life got hard! A father and husband who was always there, forever! Amen!

To be remembered as spoke in this poem:



DEATH IS NOTHING AT ALL

Death is nothing at all
I have only slipped away into the next room
I am I and you are you
Whatever we were to each other
That we are still
Call me by my old familiar name
Speak to me in the easy way you always used
Put no difference into your tone
Wear no forced air of solemnity or sorrow
Laugh as we always laughed
At the little jokes we always enjoyed together
Play, smile, think of me, pray for me
Let my name be ever the household word that it always was
Let it be spoken without effort
Without the ghost of a shadow in it
Life means all that it ever meant
It is the same as it ever was
There is absolute unbroken continuity
What is death but a negligible accident?
Why should I be out of mind
because I am out of sight?
I am waiting for you for an interval
Somewhere very near
Just around the corner
All is well.
Nothing is past; nothing is lost
One brief moment and all will be as it was before
How we shall laugh at the trouble of parting when we meet again!

Canon Henry Scott-Holland, 1847-1918, Canon of St Paul's Cathedral 'The King of Terrors', a sermon on death delivered in St Paul's Cathedral on Whitsunday 1910, while the body of King Edward VII was lying in state at Westminster: Published in Facts of the Faith, 1919



I have again enjoyed this year of Men's ministry and thank all of you who have been involved in such a powerful and meaningful ministry. Blessings and Thank you for your service.



Sample Knighthood Plan #2

I. In order for me to better learn from my past, this year I will review this plan quarterly to ascertain my progress and effect the corrections necessary to achieve these goals - not all of which may be achievable in 12 months.

II. I would like to develop my core in the following areas:

A. Body

1. Loose 15 pounds
2. Ride my bicycle 2,000 miles this year

B. Mind

1. Develop 1 significant male friendship

C. Shadow

1. Learn to listen for my Shadow's voice instead of reacting to it
2. After listening, I will reject what I have heard

D. Soul

1. I will work to place more value on relationships of those close to me than on other distractions

E. Spirit

1. Only once in the last decade have I felt especially connected to God. I will work to restore that connection through prayer, worship and service.

F. Self

1. I will make better decisions utilizing all aspects of my core such that my wife will recognize the improvement

III. I will endeavor to contribute to the lives of these people:

A. My wife; by demonstrating LARGE CARE to her

B. My son-in-law; by attempting to fill a portion of the void left by the recent death of his father

C. My son; to reconnect to him, to demonstrate to him the changes I have made and am making in myself, to encourage him to begin the process of reconnecting to God



Sample Knighthood Plan #3

The first year of Knight's of the 21st Century has come to an end and it is time once again to reflect. Last year at this time I had come a very long way from where I had started the year and I believe I can say the same thing again this year. I believe that I have begun to bend the forest and that I am on my way to becoming a knight, but I also realize that there is still plenty of work to do.

I am working on so many areas of my life both alone, and with my family, and we like what we see. Working 70 hours a week isn't fun or easy, but it is what is necessary and I know it won't be forever. I will no longer settle to be a slave to the lender and we are sick and tired of being sick and tired, so we are working with gazelle like intensity to rid ourselves of the debt. I am trying to model the Knight's behaviors for my wife and boys so they know that I have their best interests in mind. I also want my boys to know what being a man is so that they have a better chance as they grow to avoid the spandex lifestyle and the pain and anguish that entails.

As I look forward to the coming year and the work that remains, I have several other goals that I would like to achieve. I want to continue living within the 15 principles of a man. While I feel that I now have a great set of principles to live by, I also know that it is easy to loose sight of them without the constant focus necessary to remain within them. I also need to continue strengthening my core and have specific plans for that this year as well.

I will be strengthening my body this year for certain. This new life will help me be a better example for my wife and kids and allow me to circumvent many of the health issues that have plagued my family for many generations. While this is not a quick or magic fix, it is the tool that will help me become and remain active.

The last of my goals for the Knighthood plan purpose is to continue sorting out and refining the areas of my core that I struggle with. My shadow sometimes creeps in and takes over and my instincts are often to blame for that. As I have worked on the elements of my core this year I have learned to think, act and proceed differently, but I also learned that it is not always easy to change behaviors that have been engrained for many, many years. I now have the tools I need, I just need



to get my instincts aligned so that the shadow doesn't take over and my self is able to filter the good behaviors from the bad.

With all this said, I know I can't do it alone, but I also know that I don't have to anymore. I have a life long brother to look to for support and guidance – any time day or night. He also knows that I am there for him and plan to do my best to keep this relationship alive and well during the break. I also plan on meeting with the other brothers of our campfire to help lift them up and be there for them as well.

I am so blessed to have found Christ so many years ago and almost equally blessed to attend the men's ministry for the past 2 years as well. I know my Father in heaven has only my best interest in mind, while I often forget about his as the days go by, so I look forward to Wednesday mornings for a better understanding of where he has designed me to be. Knights has given me a new outlook on life and the tools to live a better life as well. I am learning to be a better lover, warrior, friend and I am so excited – and so is my family! I AM beginning to bend the forest and I look forward to the next season of Knights to make things even better.

I am not where I need to be, but I am not where I was either. Thank you Knights leadership and Thank you God!



Sample Knighthood Plan - #4

I. I Would Like to Personally Grow In These Areas of My Life...

- a. **Ministry Leader** ► In October 2009, I decided to move forward and lead a young adult's ministry at my church. My goal is to grow in the areas of speaking, prepping sermons, and being able to invest in the lives of my leadership team. I want to develop unique ideas that will **ATTRACT** people, give them opportunities to **GROW** with each other and individually, and finally to give individuals opportunities to **SERVE** each other, the church and the community. Although this has been a very challenging experience thus far, Knights has helped me realize that every man desires to have a **BATTLE TO FIGHT**. I know that in order to fight some of the battles I face, I will need to be equipped in all areas. This will require a strong relationship with the Lord (prayer and devotion) on a daily basis.
- b. **Boyfriend/Fiancé** ► In October 2009, I also decided to move forward in to a relationship. My desire is to treat and respect my fiancé the way that the Lord calls me to do so. I want to grow in this area by focusing in on the love skills (page 110—**L.A.R.G.E. C.A.R.E.**) and applying them to my relationship with her on a daily basis. Knights has helped me realize that every man desires to have a **BEAUTY TO RESCUE** and I feel strongly that she is that woman in my life.
- c. **Uncle/Sibling/Son** ► Knights has helped me realize that my parents and siblings were very positive **TRAIL MARKERS** (page 26) in my life. They were my **TRIBE** whom provided much needed **RESOURCES** along the way. I have always viewed my father, brothers, and brother-in-law as my **ELDERS** and **MENTORS**. My family directed me in the areas of my **PERSONAL STANDARDS** and helped establish my **INTERNAL VOICE and SPIRITUALITY**. I feel like I am self-focused at times in life, and it's my goal to now give back and interact more with my family. I want to be a positive trail marker in my nephews' and nieces' lives. I want to strive to continuously go out of my way for each and every family member.



- d. **Employee** ► I want to grow in the area of my career/profession because I think it can have a direct affect on everything else at the end of the day. I want to be the best employee I can possibly be, and so I need to continue to strive and grow in certain areas of my job. Knights has taught me that every man desires to have an **ADVENTURE TO LIVE**. I feel strongly that if I'm a successful employee, then that will allow for me to take the adventures I desire to take.

II. I Will Endeavor to Contribute to the Lives of These People By...

- a. **My Fiancé** ► Following the love skills (L.A.R.G.E. C.A.R.E.) model. I will strive to keep my mouth shut at times and to just **LISTEN** to her. With the busy schedule that I have, I will also need to set aside special time in order to give her **ATTENTION**. I will show her **RESPECT** and will always be **GENUINE** with her. It's often hard to do, but I must strive to find the **ENERGY** to do so and to make sure our **COMMUNICATION** is in tact. I must also show **AFFECTION** through my words, take **RESPONSIBILITY**, and have **EMPATHY**.
- b. **Nephews/Nieces** ► Making it a priority to take each nephew and niece out for their birthdays and by planning special weekend sleepovers on a regular basis.
- c. **Parents/Siblings** ► Making it a priority to go out of my way for each of them on a continuous basis. I can also follow the L.A.R.G.E. C.A.R.E. model to accomplish this.
- d. **Ministry opportunities** ► Making sure my personal life is organized, structured, and in tact. In order to contribute to theses people effectively, I have to make sure I am spending time in prayer, reading my Bible, and reading other good books. When I do these things on a daily, consistent basis, I feel like I make a huge impact in others' lives.



III. S.M.A.R.T. Goals for 2010

- a. **Follow 2010 Schedule Plan (See attached)** ► This was created due to realizing that there was a lot of inconsistency in my days. With having a sales position, my days can tend to get hectic and a lot of time was being wasted. This was to help with my time management.
- b. **Spend Time Reading, Praying, Writing Each Day**
- c. **Date my fiance' Twice a Month**
- d. **Celebrate Birthdays With Each Niece and Nephew**
- e. **Stay Committed to Dave Ramsey's Cash Budget**
- f. **Workout 3 Days Per Week**
- g. **Read 4 Books—Leadership, Spiritual Life, Etc.**
- h. **Obtain \$500,000.00 In Sales Each Month At Work**



Sample Knighthood Plan - #5

Name: _____

Group # _____

Years attending: _____

1 – My Wife: Over the course of the next six months, basically the summer, I want to make sure to get more date nights than I currently do. We really don't go on any now, so I would like to start with two a month (no kids, going out) and see how that goes. Maybe increase this at the end of the timeframe.

2 – My Daughter: I had to come to the realization that my daughter is getting to the age where she really needs positive self-encouragement, especially from a male. This will go a long way towards her dating/married life in the future. I want to, for the next 3 months (duration of school year), spend at least 15-20 minutes alone with her a day and make sure she knows that she is great the way she is: Tell her something she did well that day, encourage her with something she doesn't feel she can do. I am only doing this for the duration of the school year and then adjust the times for the summer.

3 – My Son: I want to spend, at least, 15-20 minutes a day, for the next three months, doing something "productive" with him. I, honestly, am still working on this one. Some ideas I have are drawing, coloring, etc. Really, anything that gets him away from the TV/video games and gets him thinking about creative things is the goal. I will adjust the times when school is out.

4 – My Career: This is really the vaguest one that I have. It is also the most dependent on situations. I can't just up and leave my career path without a valid path to get into so I can continue to provide for my family. This one also is dependent on goal five being successful or not. Within the next year, I would like to be able to switch my career to a similar or related field.



5 – My Hobby/personal time: I have several ideas as to what I would like to build and I always jump from one to another and never finished any of them. I really feel I have a good idea with my current project and within the next 2 weeks I want a ‘road map’ for what I want to have done, in detail, by certain dates.



Sample Knighthood Plan - #6

Name: _____

Group # _____

Graduated: _____ years

Body

In addressing the core parts of a knight I look at my physical self as being in relatively good shape. I don't take as good a care of my body as I should – eating habits are not the best as I love to indulge in sugary treats. To view myself in a manner that would represent a Knight, I would have to say there is room for improvement.

I intend to make changes that will benefit my wife and children by having dad potentially live longer, have higher energy levels and an overall sense of physical well being. I am going to have to make adjustments.

Over the next 6 months, I will cut my sugar intake in half. I will reserve sodas and sweet drinks (which I love to consume at any time) for weekend treats and adjust my intake of fatty foods so that I may trim 15lbs. off my weight.

I do accept the fact that I am getting older and that age will have an impact on my ability to keep my energy up and weight off but will strive to offset those issues with will and determination to achieve my goal and stand tall as a proud Knight should.

Mind

While this series has been enlightening, looking at the forest and the dangers that lurk around me; I understand that I must strengthen my mind against the temptations that are presented each and every day. I have not seriously thought about the impact my actions can have on my children.



I must shield them from the constant bombardment presented by the world in which we live where the boundaries of what is right in the eyes of God and what is accepted as the norm are blurred.

I will take more time to listen to their concerns and be more aware of problems or questions they have and walk with them as they seek answers which are not found in our secular world but through the word of God. I will set the example in my household of a knight whose mind is focused on standing up to the accepted right and not be coerced by the desires and wants that have so often clouded my decisions in the past. I will spend more time in the Bible and share my findings with my family and encourage them to take this journey together.

Shadow

My shadow is not obvious to those around me. I cover well the dark side and temptations that bring me to access the internet for impure content; that allow me to speak hurtful things to my wife and sons on occasion while maintaining a cover of order and calm to the outside world. For the most part I have my shadow under control. It is those “slips” that are of concern and while I trust in God to help me suppress the dark feelings or actions, I must take responsibility for my actions – ask forgiveness when I fall and seek help and forgiveness when I hurt those I care for whether they are aware that my actions have impacted them or not. I will hold my tongue where normally I would snap back with a snide remark and not speak negatively to or about my wife or my sons.

Soul/Spirit

My relationship with God has been strengthened in many ways over the past few years. I still face trials and know that is the way of my life. But I trust in God to keep me and my family safe. I know with all my heart that God loves me and there is nothing that can separate me from Him. While I am closer to God than I have ever been in my life, there is so much distance that remains to be bridged. I will spend more time in his word. I will share more of what I learn with others so that they may enjoy some of the peace I now enjoy and I will fight to keep my family from losing



the battle that we are waging against the forest. Each week we as a family will take a passage from the Bible and study, dissect and integrate that into our lives. I will continue to pursue a closer relationship with God and not allow outside influences to place a barrier between us.

Self

First and foremost, I love my self. God has blessed me with strength and good health for most of my life. It is the things that I have done over the years that have chipped away at these very blessings bestowed upon me. I love me and I trust myself to do the right thing in most situations but it is because of God who guides me every step of the way. It is the movement from Spandex Male to that of a Knight which has allowed me to put on my chainmail, to close up those vulnerable areas where one blow can mean the difference between life and death. My love of self has allowed me to freely feel love and compassion for others. Those moments when I hear of a parents loss, see the scars inflicted from an abusive mate, witness the way a persons shrinks away in fear with a look of despair that gives way to no hope – it is those moments when my heart cries and I know that I must put on my armor and provide protection – I must trust myself and muster the courage that Knights always carry with them – I will be the voice of the voiceless, shield the abused and comfort those in pain – and I will be the man my family and God wants me to be.



Sample Knighthood Plan - Basic

Option 1 – Follow the “Creating My Knight’s Plan” Appendix A-1

Option 2 – Develop S.M.A.R.T. goals for each of the parts of the core.

A description of S.M.A.R.T. can be found in Appendix A-1.

Specific/Measureable/Accurate/Realistic/Timeline

Name: _____

Group # _____

Years graduated (including this year): _____

Core: BODY (Brain that thinks/feels, physical wellbeing, acceptance of what you can’t change)

Since midway through Knights this year I have been more careful of how much I eat. Not so what I eat. I have always eaten somewhat healthy but the quantity has been more than I needed. I have cut back on the quantity of food I eat and will continue to do so. This has already made some impact on the way I feel.

Core: MIND (Learning to respond differently in at least one area – King / Lover / Warrior / Friend)

I will read one additional book on leadership this year. I am currently reading Developing the leader with in you by Maxwell. I will read one more by years end.

Core: SHADOW (Dealing with the lies and negative influences that permeate your life)

I have always struggled with putting others ahead of me and my family. I allow pressure of work to get to me and let it take all of me. Through some recent changes at work I am reminded again that I need to not let lies of the forest run my decisions. I have made some changes for the better in the last few weeks. To accomplish this I will continue to discuss this topic with my wife and



a friend. They will be my guide as I work this one out the rest of my life. My kids are not getting any younger and I don't want to miss the best years with them!!

Core: SOUL/SPIRIT (The longing for a relationship with God or an active connection with God)

I long to be able to see God in a fresh and new, relevant to this day and age in 2010 way. I was raised on the God of the traditional church and it is so engrained in me it holds me back. I don't know how to share God to those who do not have a clue to who He is. All I can think of is church words that they don't understand unless they were raised with it. As I attend church I am being exposed and taught ways to overcome this but am a far way off. Being a believer has really distanced me from how unbelievers think. Being judgmental can really be a struggle. My prayer is to love others and see them through God's eyes. So I guess the action is Prayer. I will pray for that this year. God will answer this prayer.

Core: SELF (Choices and decisions made considering input from core, armor, chainmail)

I guess this goes back to my thoughts on the shadow. My core knows how I am to respond to work and family but the shadow often overtakes my self. So I am glad for the struggles of the last year at work because it is strengthening my self. This next year will be a real test for me but with the accountability I already mentioned I will be able to look back and see how far I've come.



Sample Knighthood Plan – Basic 2

Name: _____

Group # _____

Years graduated (including this year): _____

In preparation to complete this plan I reviewed my Plan from last year. I recognized that there were still things on that plan that need to be completed. In light of this, my Knighthood Plan will primarily be to finish what I have started before adding another plan to work through. The items I need to address in my “old” plan are all good things to accomplish that will move me towards being a Knight instead of a Spandex male.

In addition to completing items in my old plan I will have these goals to work towards.

- Study and memorize one Principle of Manhood per week for the next 15 weeks.
- Addressing the Core BODY- exercise 3 days a week before going to work, or walking with my wife in the evening.
- Addressing the Core Shadow- Identify 3 lies that I believe about myself. These lies effect my self esteem and my relationship with God. Work with 2 other men to identify these lies and set a course to change how these skew my perception of myself.
- Addressing the Core Soul/Spirit- Continue my morning devotions and read one book every 2 months on “Christian Living”.