



## Creating My Knight's Plan

As part of maintaining his ongoing state of manhood, a knight keeps the next quest or challenge before him. He does this while intentionally evaluating the goals, both within and outside of himself, which he has already achieved. Maintenance goals, combined with future achievement goals, initiate the creation of a man's contract with himself. A man's self-contract should be oriented around the word **S.M.A.R.T.** His goals are to be **S**pecific in nature, to avoid vague generalities and encourage accountability. He creates a way to **M**easure the outcome of his goals in order to hold himself responsible. **A**ccuracy in establishing his goals is important, so that he can both live by his principles, as well as accomplish his mission. The goals must be **R**ealistic and, therefore, fit with his natural gifts, fulfill his potential, follow God's design and consist of very reasonable steps. A knight always establishes a **T**imeline for the evaluation of his progress and the expectations he has of himself to help accomplish the tasks at hand.

The goals are chosen by the knight to establish new strength in a variety of life's domains. Each domain attempts to maintain his successes and advance his life skills one notch further. Life will continue to provide challenges, which are often unexpected while the steps toward the potential for greater manhood are taken. There are three types of goals from which to choose. The first goal is to establish the positive skills needed for manhood. The second goal is to either eliminate or accommodate the weak areas that keep him from attaining full manhood. The third goal is to serve others in order to fulfill the purpose of his manhood.

In order to work toward the fulfillment of God's potential and plan for him, each knight should create 5-15 goals a year that include...

- Setting goals, which will strengthen his core.
- Working toward more effective decision-making.
- Developing his emotional IQ.
- Guiding his various instinctual impulses.



- Caring for his body.
- Facing down his shadow.
- Establishing principles for positive living.
- Influencing others wisely.
- Pursuing his calling.
- Mentoring other males effectively.
- Seeing God's plan.

A knight creates goals that assist others to live better. As a husband, he practices each of the nine love skills; as a parent, he models goal-directed living; as a friend, he establishes mutually beneficial attachments; as an employee, he demonstrates a positive work ethic; as a church member, he shares his gifts; as a community member, he contributes. The armor of a knight will protect him when facing individuals who call forth his warrior aspect, while the armor becomes less noticeable when the knight reaches out in love. The knight deals with old relationship filters through deciding to add new links that aid forgiveness, restoration, and forward movement. The beliefs of the man are evaluated regularly by him and portrayed consistently to others. A knight makes a difference in all of his relationships.

You have run this manhood race well. Your willingness to commit to attending these sessions, to share openly in your campfire experiences, and to think about your life differently has made you stronger. God has been an active part of this journey by reaching out in truth to establish an even stronger relationship with you. You are changed because of God's grace and your manhood choices. There are people who need you to affect their lives through your positive presence in leadership. You have one more step before you can cross the finish line. As is true throughout your manhood journey, the intentional effort you put into this step will decide the level of your reward. Go for it! You deserve to cross the line with your hands held high.



We offer you three choices regarding what type of knight's plan best fits your personality style and growth needs. What is necessary is that you develop into some format a clear set of goals that you will use to guide your manhood journey and keep before you aspects of your knighthood calling. The first choice of plan is of a more extensive orientation. The second is more specifically oriented regarding your core's development. The last plan is simply a statement of ten steps that you will keep foremost in your mind to further develop yourself and love others. Keep a copy or more and place them where you are most likely to be reminded of them and able to review their content regularly. Often simple is better. So choose your plan, reflect on its content, and let God guide you in the use of this self-discovery tool. Feel free to download any of these plans from 21st Century Heroes or Knights of the 21<sup>st</sup> Century.





II. I would like to grow personally in these three areas of my life:

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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III. I will endeavor to contribute to the lives of these four people and hopefully more by...

1. Name: \_\_\_\_\_

By: \_\_\_\_\_

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2. Name: \_\_\_\_\_

By: \_\_\_\_\_

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3. Name: \_\_\_\_\_

By: \_\_\_\_\_

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4. Name: \_\_\_\_\_

By: \_\_\_\_\_

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V. I will evaluate myself regularly to see if I...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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VI. Other S.M.A.R.T. goals of a relational, personal growth, spiritual, financial, physical care or “making-a-difference” nature that I desire to achieve, are:

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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## Knighthood Plan 2

*Develop S.M.A.R.T. goals for each part of the core.  
A description of S.M.A.R.T. can be found in Appendix A-1.  
Specific/Measureable/Accurate/Realistic/Timeline*

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Group # \_\_\_\_\_

Years in Program (including this year): \_\_\_\_\_

Core: **BODY** (Brain that thinks/feels, physical well being, acceptance of what you cannot change)

Core: **MIND** (Learning to respond differently in at least one area of your relationship with others – King/Lover/Warrior/Friend)

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

Core: **SOUL/SPIRIT** (Goals regarding the development or practice of your faith or life theme)

Core: **SELF** (Choices of actions and goals that you intend to practice toward others in your life)



## Knighthood Plan 3

*List 10 steps you plan to take and continue to work on during this year's manhood journey. For at least two of the steps, identify the ways they will affect your significant relationships.*

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

*Specific/Measureable/Accurate/Realistic/Timeline*

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Group # \_\_\_\_\_

Years in Program (including this year): \_\_\_\_\_

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
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10. \_\_\_\_\_  
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