VALUES SERIES · MAISON BEAULIEU

EXTRAIT OFFERT · PREMIÈRES PAGES

Man Up or Shut Up!

Wake the Hell Up: Your Life Isn't a Dress Rehearsal

L'édition complète est disponible sur
https://adrienbeaulieu.com/books/values-man-up

Wake the Hell Up: Your Life Isn't a Dress Rehearsal

Did you know that the average man spends 9 years of his life watching TV, 4 years driving a car, and 115 days laughing? Sounds like a lot of time, doesn't it? Now, how much time does he spend actively pursuing his dreams, building meaningful relationships, or making a difference in the world? I'll wait while you struggle to come up with a number that isn't pathetically small.

Let me tell you about Mike. Mike was your average Joe - decent job, a few hobbies, nothing special. He was "living the dream," or so he thought. Then, at 65, he had a heart attack. As he lay in that hospital bed, machines beeping around him, a sudden realization hit him harder than the chest pain: he'd wasted his life. He'd always wanted to start a business, learn to play guitar, travel the world. But he'd been too busy watching reruns of sitcoms and scrolling through social media. Now, facing his mortality, Mike realized he'd been sleepwalking through life, and he might not wake up in time to actually live it.

Don't be like Mike. Because here's the brutal truth: most men are sleepwalking through life, and you're probably one of them.

You think you're awake because your eyes are open and you're going through the motions of life. Newsflash, sunshine: being alive isn't the same as living. Here are the signs that you're a card-carrying member of the Sleepwalkers Club:

You're a broken record of complaints, but you never change the damn tune. "My job sucks," "I'm not in shape," "I can't find a good woman." Guess what? Whining about it doesn't count as action.

You're waiting for the "right time" to start living. Spoiler alert: there is no right time. The right time was yesterday, the next best time is now. But you're too busy making excuses to seize the moment.

You blame your circumstances for your lack of progress. Your job, your family, the economy, the alignment of the stars - anything but the person staring back at you in the mirror.

You're a consumer, not a creator. You binge-watch Netflix, you scroll endlessly through social media, you live vicariously through others' achievements. But what are YOU creating? Besides excuses, that is.

You choose comfort over growth every single time. Learning a new skill? Too hard. Starting a side hustle? Too risky. Hitting the gym? Too tired. You're so deep in your comfort zone, you might as well be fossilized.

If you're nodding along to any of these, congratulations - you're sleepwalking through life. But don't worry, princess, your wake-up call has arrived. It's time to snap out of it and face the music.

You might think your sleepwalking doesn't hurt anyone. Wrong again, Rip Van Winkle. Your inaction isn't just costing you; it's a debt that compounds with interest, and everyone around you is paying for it.

Let's start with you, because let's face it, that's who you care about most. Every day you choose inaction, you're leaving potential on the table. You're the guy who could have written a bestseller but never put pen to paper. The entrepreneur who could have built a million-dollar business but never took the risk. The father who could have been a hero to his kids but was too busy zoning out in front of the TV.

And it doesn't stop there. Fast forward to your twilight years. You're sitting in a rocking chair, but instead of basking in a life well-lived, you're marinating in regret and bitterness. Your mental health? In shambles. Physical health? Let's just say the only six-pack you'll ever have is the one you drink to forget your wasted potential.

But hey, at least your failure is consistent, right? Because your relationships are just as unfulfilled as you are. Your partner resents you for being an emotional black hole. Your kids see you as the cautionary tale, not the role model. Your friendships? Please. They're as deep as a puddle in the Sahara.

And society? Well, you're really screwing us all over there. The economy misses out on your potential contributions. Young men lack positive role models, so they follow in your sleepwalking footsteps. And that toxic masculinity everyone's talking about? Yeah, you're feeding right into that by being an emotionally stunted man-child who can't face reality.

So, still think your sleepwalking isn't hurting anyone? Think again, Sleeping Beauty. It's time to wake up and face the harsh light of day.

Alright, sunshine, it's time for a good, hard look in the mirror. And I'm not talking about admiring your bed head or that dad bod you've been cultivating. I'm talking about facing the ugly truth of your current state. Ready for your wake-up call? Take this "How Awake Are You?" quiz. No cheating – the only person you're fooling is yourself.

How many goals have you set in the last year? a) None, goals are for try-hards b) I set New Year's resolutions... and forgot them by February c) I have vague ideas of what I want d) I have clear, written goals I'm actively pursuing

When was the last time you learned a new skill? a) Learning is for school kids b) I watched a YouTube video once c) I've been meaning to take a course d) I'm currently mastering a new skill

How do you handle setbacks? a) I give up immediately b) I complain to anyone who'll listen c) I try again... eventually d) I analyze, adjust, and attack the problem again

How often do you step out of your comfort zone? a) Never, I like my rut b) Only when forced c) Occasionally, when I'm feeling brave d) Regularly, it's where growth happens

What's your relationship with failure? a) I avoid any possibility of failure b) I see failure as proof I shouldn't have tried c) I reluctantly accept failure as part of life d) I view failure as a learning opportunity

If you answered mostly A's and B's, congratulations – you're so deeply asleep, you might as well be in a coma. C's mean you're drowsily hitting the snooze button on life.

And if you actually answered mostly D's, who are you trying to kid? You wouldn't be reading this book if you were truly awake.

Now that we've established you're not as woke as you thought, let's dig deeper. Time for some reflection, and no, I don't mean your Instagram selfies.

What have you been postponing "until the right time"? That business idea? Asking out that girl? Starting that workout routine? News flash: the right time is a myth. It's an excuse wrapped in procrastination and tied with a bow of fear.

In what areas of life are you merely spectating? Are you watching others live out your dreams on social media? Are you living vicariously through TV characters because your own life is too boring to bear? Time to get off the bench and into the game, champ.

What excuses do you use most often? "I'm too busy"? "I'm too tired"? "I don't have the money"? Excuses are like assholes – everyone's got them and they all stink. It's time to flush them down the toilet where they belong.

How would your 80-year-old self judge your current choices? Imagine yourself at 80, looking back on your life. Are you proud of the man you see now? Or are you shaking your head, wishing you could shake some sense into your younger self?

Uncomfortable yet? Good. Discomfort is the first sign of waking up. And trust me, it's about to get a whole lot more uncomfortable.

Alright, Sleeping Beauty, you've had your wake-up call. Now it's time for action. Here's your no-bullshit, no-excuses plan to shake off the sleepwalking and start living:

Conduct a "life audit." And no, this isn't some namby-pamby self-help exercise. This is a brutal, honest assessment of every area of your life. Career, relationships, health, finances, personal growth – put it all under the microscope. Rate each area from 1-10. Anything below a 7 needs serious work. Be ruthless – sugarcoating is for donuts, not for life changes.

Set one meaningful goal in each life area. Not some vague "I want to be happy" bullshit. I'm talking specific, measurable goals. "I want to bench press 225 pounds." "I

want to start a side business that makes $1000 a month." "I want to learn conversational Spanish." Real goals that scare you a little. If your goals don't make you uncomfortable, they're not big enough.

Create a "no excuses" action plan for each goal. Break it down into weekly and daily tasks. What are you going to do today, this week, this month to move towards that goal? Write it down. Schedule it. No more "I'll do it when I have time." Make. The. Time.

Implement a daily "wake-up" ritual. And I don't mean just splashing water on your face. I'm talking physical and mental wake-up. Start with a workout – get that blood pumping. Then, mindfulness practice. Could be meditation, could be journaling. The point is to start each day with intention, not autopilot.

Start a "discomfort diary." Every single day, do one thing that makes you uncomfortable. Ask for a raise. Strike up a conversation with a stranger. Try a new workout. Comfort is the enemy of growth. Get comfortable with being uncomfortable.

This isn't a gentle nudge into wakefulness. This is a bucket of ice water over your head. It's supposed to shock you into action. Because let's face it – if gentle nudges worked, you wouldn't be in this situation in the first place.

You might be thinking, "Sure, this all sounds great on paper, but does it actually work in real life?" Well, buckle up, buttercup, because I've got some real-world wake-up calls for you.

Meet John, 35. Two years ago, John was you - overweight, unfulfilled at his dead-end job, and spending more time with his PlayStation than with actual people. Then he had a health scare that made him realize he was one cheeseburger away from an early grave.

"It was like a slap in the face," John says. "I realized I was barely existing, let alone living. I was a walking stereotype of a lazy millennial."

So what did John do? He got off his ass and started living. He overhauled his diet, hit the gym, and started a side hustle. Two years later, he's lost 50 pounds, quit his soul-sucking job to run his own business full-time, and is in a relationship with someone way out of his former league.

"The hardest part was starting," John admits. "But once I got momentum, it was like a snowball effect. Every small win motivated me to push harder."

Then there's Mike, 42. Mike was sleepwalking through his role as a husband and father, letting work stress turn him into an emotionally absent zombie at home.

"I was there physically, but mentally? I might as well have been on Mars," Mike confesses. "My wake-up call came when my 6-year-old daughter asked my wife why Daddy doesn't love us anymore."

Ouch. Talk about a kick in the emotional balls.

Mike realized he needed to make a change, fast. He started with the "discomfort diary" technique, forcing himself to be present and engaged with his family every day, even when he was tired or stressed.

"It was awkward as hell at first," Mike says. "I'd gotten so used to checking out that being present felt unnatural. But seeing my kids' faces light up when I really engaged with them? That was all the motivation I needed."

Now, Mike's relationship with his family has done a 180. "My wife told me the other day that it's like she got her husband back," he says. "And my kids? They actually want to hang out with me now. It's amazing what can happen when you simply show up."

But don't just take it from these reformed sleepwalkers. Dr. Sarah Johnson, a psychologist specializing in men's issues, weighs in: "The biggest obstacle for most men is simply awareness. They've been conditioned to sleepwalk through life, to numb themselves with distractions. The act of becoming aware - truly aware - of their lives and choices can be incredibly uncomfortable. But it's also the first and most crucial step towards change."

So there you have it. Real men, real stories, real change. No magic pills, no secret formulas. Just the hard, uncomfortable work of waking the hell up and taking control of their lives.

If they can do it, what's your excuse?

Alright, tough guy. You've read the wake-up call. You've seen the proof that change is possible. Now it's time to put your money where your mouth is. Welcome to the 30-day "Wide Awake" challenge.

This isn't some feel-good, pat-yourself-on-the-back exercise. This is a no-excuses, all-in commitment to shaking off your sleepwalking ways. Here's what you're going to do:

Daily Journaling: Every. Single. Day. You're going to write down your goals and the actions you're taking to achieve them. No exceptions. Hung over? Tough shit, write. Busy day? Make the time. Your journal is your lifeline to consciousness.

Weekly Review and Course Correction: Every Sunday, you're going to review your progress. What worked? What didn't? Where did you slack off? Be brutally honest. Then, adjust your plan for the coming week. Remember, a goal without a plan is just a wish.

Accountability Partner: Find someone who won't put up with your bullshit. Share your goals and daily actions with them. Give them permission to call you out when you slack off. No yes-men allowed. You need someone who will kick your ass when you need it.

Eliminate One Time-Wasting Habit: Pick your poison - social media, Netflix, video games, whatever your go-to numbing agent is. Cut it out. Cold turkey. For 30 days. Replace that time with action towards your goals.

Learn One New Skill: Pick something that scares you a little. Always wanted to learn public speaking? Sign up for a Toastmasters class. Interested in coding? Start an online course. The point is to stretch yourself, to prove that you can learn and grow.

This challenge isn't for the faint of heart. It's going to be uncomfortable. It's going to be hard. There will be days when you want to quit, when the warm embrace of your old, sleepwalking life calls to you.

But remember this: temporary discomfort is the price of growth. You can endure 30 days of discomfort for a lifetime of living wide awake. Or you can go back to sleep and continue wasting your one precious life.

The choice is yours. What's it going to be?

Let's break this down one last time for the slow learners in the back:

Your life is happening NOW, not someday. Every moment you spend sleepwalking is a moment you'll never get back.

Awareness without action is worthless. Knowing you need to change means nothing if you don't do anything about it.

Discomfort is the price of growth. If you're not uncomfortable, you're not growing. Period.

You're the author of your life story. If you don't like the current chapter, pick up the damn pen and write a better one.

The alarm has gone off. The snooze button is not an option. It's time to wake the hell up and start living the life you've been dreaming about.

So I'll ask you one last time: Are you going to hit snooze again, or are you ready to wake the hell up?

The choice is yours. But remember, life isn't a dress rehearsal. This is the main event. Are you going to be a spectator, or are you going to be the star of your own life?

Lire la suite dans l'édition complète

Retrouvez « Man Up or Shut Up! » sur **https://adrienbeaulieu.com/books/values-man-up**.