



**CAPABLE MEN**  
PERSONAL DEVELOPMENT STRATEGY

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THE RADICAL  
SELF-IMPROVEMENT  
CHALLENGE

C A P A B L E M E N . C O M

In this guide, we have provided you with a powerful blueprint to shake things up for the next four weeks. Our challenge provides a nice assortment of exercises that guarantees an interesting month for anybody who has the discipline to reach the finish line. You do not have to honour these tasks consecutively. We respect that some of these challenges have particular resource/time demands that would make such a prospect difficult. Therefore, it's probably best to pick a challenge each day—leaving the exploration challenges for days when you have free time.

Beyond the challenge calendar that you'll find on the upcoming page, you'll find a more detailed breakdown of the challenges for added guidance. And one last thing—print the calendar for added incentive and strike off the challenges as you complete them. The rest is now up to you.

Best of luck.

1

BOOK

=====  
Start a new book.

2

OUTDOOR  
WORKOUT

=====  
Embrace the  
elements.

3

SELL OLD  
CLOTHES

=====  
Clean out the  
wardrobe.

4

EXPLORE A  
NEW PLACE

=====  
A day trip  
somewhere new.

5

DOWNLOAD  
5 PODCASTS

=====  
And finish before  
the 28th day.

6

VISIT A  
MUSEUM

=====  
Appreciate  
culture.

7

NO  
TECHNOLOGY

=====  
Pay attention to  
*your* world.

8

GET  
CREATIVE

=====  
Create something  
unique.

9

BEGIN A  
JOURNAL

=====  
Scrawl your  
happenings.

10

COMPETITION  
WITH PAL

=====  
Find a pal, and  
play to win.

11

PLANT  
SOMETHING

=====  
That will grow  
food.

12

WATCH A  
DOCUMENTARY

=====  
About something  
important.

13

HIKE

=====  
Explore nature.

14

REMOVE AN  
OBSTACLE

=====  
*Smoking? Junk  
food?*

15

RUN

=====  
Set yourself a  
nice target.

16

THE DIGITAL  
ESTATE PLAN

=====  
A technical  
admin day.

17

REACH OUT  
TO OLD PALS

=====  
3 old  
connections.

18

MAKE A POSITIVE  
CHANGE

=====  
*Join a gym? Start  
a martial-art?*

19

PLAN THE  
PERFECT DAY

=====  
Hour by hour.

20

EMPEROR  
FOR THE DAY

=====  
Enact your  
perfect day plan.

21

DAY OF  
SELFLESSNESS

=====  
*Give blood?  
Donate to charity?*

22

WRITE 2  
LETTERS

=====  
To your  
future-self.

23

TALK TO  
STRANGERS

=====  
3 complete  
strangers.

24

REBEL

=====  
Do something you're  
not supposed to do.

25

STRATEGIC  
VISION

=====  
Lay out your  
next 3 years.

26

YOUR LIFE  
STORY

=====  
Tell somebody  
your story.

27

MEDITATE

=====  
20 minutes.

28

DEBRIEF

=====  
Evaluate your  
performance.

## 1. START A NEW BOOK

Our Radical Self-Improvement challenge begins with choosing a new book. Aim to complete it before the end of the challenge.

## 2. OUTDOOR WORKOUT

Embrace the elements, it's time for a functional outdoor workout. Find yourself an outdoor gym, a playground, a climbing wall or failing the aforementioned suggestions—head into the forest and start utilising the environment.

## 3. SELL OLD CLOTHES

You haven't worn that shirt in 2 years! It's time to clean out the wardrobe. Get em' on eBay for some extra cash, or show some kindness and take them to your local charity store.

## 4. EXPLORE A NEW PLACE

Day trip—Explore a town, city or area which you have never been before.

## 5. DOWNLOAD 5 PODCASTS

You can listen to podcasts almost anywhere—On the way to work, in the gym, while you're walking the dog. Download 5 new podcasts of subjects that interest you. Finish them before this challenge ends. [Suggestion: [Best Podcast's for improving your own life](#)]

## 6. VISIT A MUSEUM

What type of museum you ask? Totally your choice. Take a moment out of your day to appreciate some splendid relics of culture.

## 7. NO TECHNOLOGY

We're off the grid today. Lose the telephone, the laptop, the watch—all of it. On this day, we're seeking full immersion and sensory focus of our surroundings. Who knows what you'll take away from this day?

## 8. MAKE SOMETHING CREATIVE

Today you will literally create something unique that wasn't on this planet yesterday. A painting, a drawing, writing music, a poem, a short story. It doesn't matter if you think it sucks—get as creative as possible and do it!

## 9. BEGIN A JOURNAL

For the remainder of the challenge, I want you to free up some time each evening to write a little about your day. For those who aren't used to expressing their thoughts via writing, a journal is an excellent project that challenges you to clarify your observations about life.

## 10. CHALLENGE A FRIEND(S) TO A GAME/SPORT

It's game time and you're playing to win. Pick your challenge and get your fellow competitors on board.

## 11. PLANT SOMETHING THAT WILL PROVIDE FOOD

*"Growing your own food is like printing your own money."*

## 12. WATCH A DOCUMENTARY

Watch a documentary about something important/highly relevant in the world today that you know very little about.

## 13. HIKE

Get into nature and get in touch with your wild side. Remember, your modern lifestyle has existed for a minuscule 0.001% of human history.

## 14. REMOVE THE BIGGEST OBSTACLE

What is the one thing that you could remove or stop doing today that would have the most positive impact in your life? Smoking? No more junk food? Have a really good think about it, you have all day after all. Then, remove it for the remainder of this challenge.

## 15. RUN

Humans are excellent runners—and that is really great for us because if we do it regularly it brings us many benefits. Surprisingly some people don't do it enough. Today though, that is not you. Pull up a map and set yourself a nice target. Run to it and run back. Simple.

## 16. CREATE THE DIGITAL ESTATE PLAN

Get yourself a hard-drive, encrypt it and then fill it with your photos, achievements, creative content, documents, videos, journal entries and anything you deem appropriate for your digital treasure chest. Then begin your plan for the event of the worst [[Guide: Creating a Digital Estate Plan](#)]

## 17. REACH OUT TO 3 OLD CONNECTIONS

Get in touch with 3 old connections—Social media is an excellent tool to reach out to people who have made an impact in our lives. Think of 3 people who you highly respect and haven't spoken to in a long time and let's find out what is happening in their lives.

## 18. MAKE A POSITIVE CHANGE

Take a moment to think about this: What is the one thing you could realistically begin today that would have the most positive impact in your life? Is it joining a gym? Learning a martial-art? Whatever it is, do it.

## 19. PLAN THE PERFECT DAY

What would your ideal day look like to you if designed it? What time would you wake up? What is for breakfast? What do you after that? Who do you see? Today we're hovering over the strategy table and designing our ideal day in clear-cut detail—and we're executing this plan tomorrow!

## 20. EMPEROR FOR THE DAY

No plans, no distractions—pull out yesterday's plan and execute. *Operation Emperor* is now in effect.

## 21. A DAY OF SELFLESSNESS

It was a short reign ah? Today we look beyond our self. Perhaps give blood? Donate to charity? Take a bunch of old stuff to a charity store? Visit someone in need? Do some volunteer work? Today is all about thinking of others.

## 22. WRITE 2 MESSAGES TO YOUR FUTURE SELF

Using the calendar on your phone or computer—create an entry dated one year from now. In this entry, I want you to create a message for your future self. Then, create another entry for three years from now and write another message. What will your future self think while reading these?

## 23. TALK TO STRANGERS

Engage with 3 complete strangers in public. Single? Try and get a number in the process. We're simply breaking social convention here folks. Engage with your fellow creatures on this big rock called Earth as it orbits this mighty fireball. Life's too short.

## 24. DO SOMETHING YOU'RE NOT SUPPOSED TO DO

Humans are social creatures and we're so easily coerced into thinking and doing stuff we don't necessarily want to do in order to fit in. Do something today which is entirely on your own terms. Today is the day of the rebel. (*Hint for the unimaginative—Perhaps leave the toilet seat up?*)

## 25. STRATEGIC VISION

Set aside an hour of undisturbed time to reflect on your life and to carefully consider your targets over the next three years. We've created a handy guide for this challenge here: [[Guide: Developing Your Personal Strategic Map](#)]

## 26. TELL SOMEBODY YOUR LIFE STORY

A family member, a close friend or even a complete stranger! One person who can give you their undivided attention, as they listen to the profound tale of your life here on Earth. A captivating tale through your childhood and beyond with your profound insight along the way.

## 27. MEDITATE (20 MIN)

Humans can so easily get caught up in the momentum of their own lives. Meditation is one way to break that momentum. Find a quiet area, close your eyes, and clear all thoughts. If any thoughts spontaneously arise against your will, make the briefest account of it before dismissing it, then reset.

## 28. FINAL DAY: DEBRIEF

It's graduation day and you have made it to the end of this challenge. Ponder over the previous 28 days. Be entirely honest with yourself—what has this challenge revealed to you about yourself that you didn't know before you started? And what are you going to do about that moving forward?