

## **#001 Make men strong again**

**Dear boys,**

Today I'm gonna explain to us **six “Nice guy” habits that are probably destroying your level of attractiveness.**

### **1. Not setting boundaries**

The fact that you can't set boundaries about what you will allow or what you can't allow will make people not know how to act around you. Setting boundaries is important because it enlightens others on how they should treat you, what they should do when around you and it is a sure way of affirming that you know your values and priorities well.

Poor boundaries may lead to resentment, anger, hurt and even burn out which of course may affect our personal lives negatively be it at work, in our associations and even personal relationships. So setting and defining your boundaries as a man is vital for enhancing your state of mind, progress in life and success in the functional areas of your life.

### **2. Putting others first.**

This act if done the right way is healthy but if done the wrong way is harmful. If done the wrong way it may lead to your needs and wants not being fulfilled. It may also lead to stress and depression if the aspect of self-care is not taken into consideration and the aspect of self-neglect is embraced; since one is focusing too much on others than-self.

But if done right, it promotes satisfaction in life, gives your life meaning, helps you cope up with stress, and develops your positive character strengths that enhance your quality of life and relationships. So gentlemen, it's high time we did this right for our own well-being.

### **3. Apologizing for everything.**

This makes you come across as unattractive in a society dominated and reined by individuals with high character traits and quality personalities. Some men take this too far by apologizing for everything even for things they did not do wrong and this without question, makes you unattractive to many.

Most individuals do this because of the following reasons:

- Low self-esteem.
- Fear of conflict.
- Poor boundaries.
- Fear of what others think.
- Accepting blame for things they didn't do or couldn't control.

But I'm here to tell you, apologizing for everything ain't right. It's high time you tapped into Adonis mode and work on your self-esteem, deal with conflict like a strong masculine man, set up strong clearly defined boundaries, don't give a shit about what people think about you and never be the sacrificial lamb, ever. But again be sure to apologize and accept your mistakes if you are wrong.

#### **4. Pleasing everybody.**

It is so impossible to please everybody in the sense that you can't live up to everyone's expectations all the time. Just a reminder, there is no point in trying to do so, the only thing I expect of you is for you to be sure of pleasing one person and that person is **YOU**. Being a people pleaser is surely terrible and it makes you come across as a nice guy, and which lady would want to date a nice guy, 0. Drop the habit, and you'll be out of the nice guys' zone.

#### **5. Worrying too much if people like you.**

It makes you lead a life that's not meant for you and who'd want that, definitely not me. This act can have a serious toll in the functional areas of your life if not careful but question is, is it worth it? No it ain't. Why?

Because:

- **Your life is yours and it's none of anybody's business:**

It's all about thinking and doing what you want to do. Not what other people want you to do. On a light note, no selfish vibes applied.

- **Nobody knows what's best for you:**

Do I know what's best for you? Only you know that. If you don't wanna hang out with a certain group pf guys, it's allowed.

By the end of the day, only what feels right to you matters, not what other people feel or want you to do.

- **People's thoughts change on a regular basis:**

One thing you need to understand is that people are constantly changing, which means if somebody thinks badly of you at the moment, there is a good chance they will think differently in the near future. In short, people's thoughts don't matter so stop worrying if they like you or not.

#### **6. Over investing in relationships or friendships.**

Doing this may lead to expectations which at some point may not be met and some of us do this because we want to be liked. So the best thing to do is to be aware of what and how much your friends or partner can offer or invest in your relationship.

It will save you a lot of disappointment and heartbreaks. I believe 50/50 all the way will work especially in matters concerning attention, love, care, understanding and support.

But matters concerning finance, kindly take the lead even if your woman is able to take care of herself, fulfill one of the important roles of a man which is provision. Very key, it improves your levels of attractiveness.