

Practice of the Week

One skill a week. Try it once. Bring one story to your brothers.

We hope WhyzMen graduates will be known by how they listen, ask and encourage. Skills grow one at a time, with practice and feedback (Anders Ericsson). Trying it is the practice. Your triad is the feedback.

The card is the menu; the Toolkit is the kitchen. Each practice comes from one of its six skills.

HOW IT WORKS

Each session names one practice. Try it at least once before the next session.

This week: when you have tried it, tick “Tried it ✓” on the back and jot one moment.

In the room: each session opens with “Tell us one moment with this week’s practice.”

This is on the Floor. A missed week is not a failure. Pick it up tomorrow.

When	Practice	How	Toolkit skill
S2	Ask the second question	Before you tell your own story, ask one follow-up about theirs. <i>Rooted in: Alison Wood Brooks, Harvard</i>	2 • Ask
S3	Let them finish	When they stop talking, wait two beats. Then speak. <i>Rooted in: James 1:19</i>	1 • Listen
S4	Her day first	Ask about her day before you tell yours, and stay with her answer. <i>Rooted in: Gottman: turning toward</i>	4 • At Home
S5	Ask for a story	“Tell me about a time when...” Then listen for the turning point. <i>Rooted in: David Brooks</i>	2 • Ask
S6	Reflect it back	“What I heard you say is...” in their words, before your own. <i>Rooted in: The Session 6 witness</i>	1 • Listen
S7	Name the value you see	Tell someone which value you see them living, and where. <i>Rooted in: Your Values Compass</i>	3 • Speak Truly & Encourage
S8	The Barnabas Turn	When someone runs himself down, hear it, turn it over, hand it back. <i>Rooted in: Acts 4:36 • Clifton</i>	3 • Speak Truly & Encourage
S9	Three Good Things, aloud	Tell her (or someone) one good thing from today and how it came about. <i>Rooted in: Martin Seligman</i>	4 • At Home
S10	Shoulder to shoulder	Invite a man to do something side by side. <i>Rooted in: Dunbar; Session 10</i>	5 • Build & Host
Break	One call a week	Call a man you have not heard from. Ask the second question. <i>Rooted in: The Wilderness Between</i>	6 • Take Stock
S11	Honest, open questions	Ask what you do not know the answer to. No advice with a question mark. <i>Rooted in: Parker Palmer</i>	2 • Ask
S12	One level deeper	Share one true thing you would usually keep back. <i>Rooted in: Arthur Aron</i>	3 • Speak Truly & Encourage
S13	Keep a small promise	Make one small promise this week and keep it on time. <i>Rooted in: Luke 16:10</i>	5 • Build & Host
S14	Say the blessing	Tell someone, specifically, what they have meant to you. <i>Rooted in: Legacy & Letters</i>	3 • Speak Truly & Encourage
S15	Choose your keepers	Circle the one or two that became yours. Tell your triad why. <i>Rooted in: Philippians 4:9</i>	6 • Take Stock (all six)

The Barnabas Turn

“Joseph, whom the apostles called Barnabas, which means son of encouragement.” Acts 4:36

1 • Hear it	Let it land first. “That sounds hard.” A quick silver lining feels like dismissal.
2 • Turn it over	Name the strength, lesson or next step underneath, in his own words.
3 • Hand it back	End with a question, not a verdict: “Where could that help someone this week?”
4 • Turn it on yourself	When you run yourself down, ask the same three. Then ask your triad what they see.

My week-by-week tracker

When you have tried it once this week, tick the box. Jot one moment for your triad.

When	Practice	Tried ✓	One moment
S2	Ask the second question		
S3	Let them finish		
S4	Her day first		
S5	Ask for a story		
S6	Reflect it back		
S7	Name the value you see		
S8	The Barnabas Turn		
S9	Three Good Things, aloud		
S10	Shoulder to shoulder		
Break 1	One call a week		
Break 2	//		
Break 3	//		
S11	Honest, open questions		
S12	One level deeper		
S13	Keep a small promise		
S14	Say the blessing		
S15	Choose your keepers		

After Session 15, go round the card again, keeping the one or two that became yours.

“Encourage one another daily, as long as it is called ‘Today.’” Hebrews 3:13