

This kit is the foundational blueprint for the **Table of Five**. It is designed to move men from the "isolation of the crowd" into a "fortress of brotherhood." The tone is direct, high-challenge, and high-support.

The Brotherhood Starter Kit

Subtitle: *Finding, Forming, and Sustaining Your Inner Circle*

I. The Crisis of Isolation

Modern life is designed to keep men productive but lonely. While we are more "connected" than ever, few men have a circle they can trust with their failures, their fears, or their greatest ambitions.

- **The Mission:** To transition from "social acquaintances" to "strategic allies."
 - **The Goal:** A self-governing group of 5–8 men who meet regularly to sharpen one another.
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II. Formation: Selecting the Stones

A building is only as strong as its materials. Do not rush the invitation process.

1. The Vetting Criteria (The 3 Cs)

- **Character:** Does he do what he says he will do?
- **Candor:** Is he willing to speak the truth, even when it's uncomfortable?
- **Commitment:** Can he give 90 minutes every two weeks without fail?

2. The Invitation

Avoid being vague. Use a "Call to Action."

"I'm forming a brotherhood of five men to help us lead our families and legacies better. I've watched how you handle your business/family, and I want you at the table. Are you in?"

III. The Rhythm: The 90-Minute Blueprint

Structure prevents "aimless drifting." A quality community requires a repeatable protocol.

Segment	Duration	Focus
The Threshold	10 Min	Transition from "Work Mode" to "Brotherhood Mode." Food/Drink.
The Pit Check	20 Min	Each man shares his "Current Temperature" (High/Low of the week).
The Deep Work	45 Min	One man takes the floor to present a challenge, or the group discusses a Brief.

Segment	Duration	Focus
The Forge	15 Min	Accountability. "What will you have done by the next time we meet?"

IV. The Covenant: The Rules of Engagement

To create a safe and powerful environment, every member must agree to the **Foundational Covenant**:

1. **Strict Confidentiality:** What is said at the table stays at the table. Period.
 2. **Zero Judgment, Total Accountability:** We accept the man as he is, but we do not allow him to stay in his weakness.
 3. **The "No-Ghosting" Rule:** If you can't make it, you notify the group 24 hours in advance. Consistency is the currency of trust.
 4. **Legacy Mindset:** We are not here just to vent; we are here to build.
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V. Sustaining & Growing the Network

A group that only looks inward eventually stagnates.

- **The Open Chair:** Occasionally invite a "guest" (a man who needs mentorship or a potential new member).
 - **Family Integration:** Once a quarter, bring the families together. The "Brotherhood" should strengthen the home, not compete with it.
 - **The Multiplier Effect:** Once a group hits 10–12 members, it is time to "plant" a new group. One leader stays, one leader moves to form a new Table of Five.
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Production Notes for PDF

1. **Workbook Elements:** Include a "Vetting List" page where men can write down 5 names they intend to call.
2. **Meeting Templates:** Include a one-page "Meeting Minutes" sheet for the group's recorder to track accountability goals.