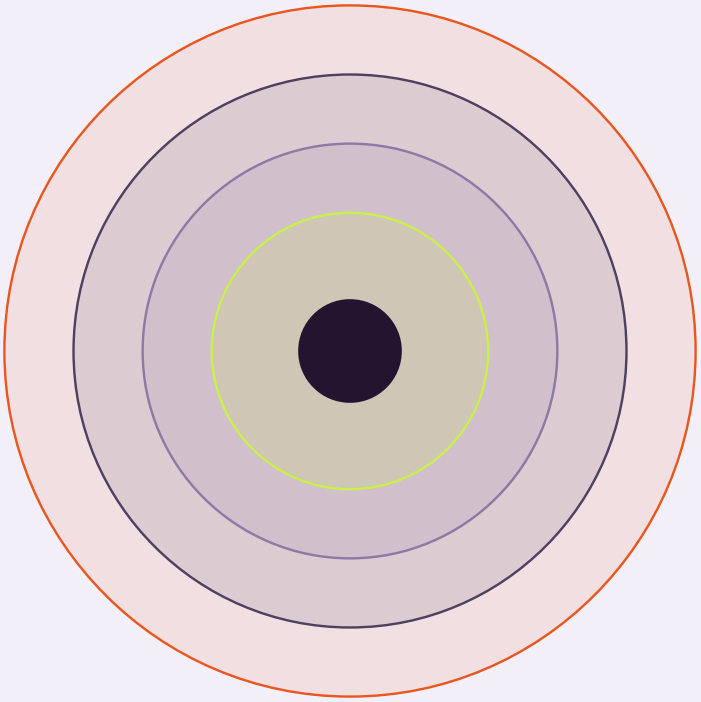


Notes on Being a Man

A reading of the book by Scott Galloway (2025)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Notes on Being a Man, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Scott Galloway's blunt, data-heavy letter to men — part memoir, part set of maxims — on why boys and young men are falling behind and what a useful, unashamed masculinity actually asks of you.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Action absorbs anxiety — and unlike almost everything else, it is always available.

Galloway's most repeated line, and the one he applies to grief, rejection, unemployment and heartbreak alike: movement restores agency before it solves anything.

2 HOURLIFE TAKEAWAY

The measure of a man is whether he produces more than he takes.

Surplus value is Galloway's working definition of a good man — more love, encouragement, tax and opportunity going out than coming in.

3 HOURLIFE TAKEAWAY

Loneliness is not a mood in this generation of men. It is the baseline.

HourLife's framing of the book's concern with male loneliness: for many men, having no close friends is the default, not a passing mood.

4 HOURLIFE TAKEAWAY

Follow your talent. Passion turns up later, once you are good.

Galloway has argued this for years against the standard graduation-speech advice, and the book puts competence before enthusiasm on purpose.

5 HOURLIFE TAKEAWAY

Being willing to feel like an imposter is the entry fee for anything worth having.

Risk in this book is not bravado — it is a tolerance for being visibly out of your depth in front of people you respect.

6 HOURLIFE TAKEAWAY

Get out of the house. Almost nothing good has ever happened to a man on his sofa.

Physical presence — a gym, a room, a queue, anywhere with other bodies in it — is Galloway's first prescription because it is the one with no prerequisites.

7 HOURLIFE TAKEAWAY

Kindness is not a soft skill. It is the highest-return thing a man does.

He frames it as strategy as much as virtue: in relationships and careers alike, being kind compounds in ways being impressive does not.

8 HOURLIFE TAKEAWAY

Being a good father starts with how you treat their mother.

One of the book's plainest instructions, and one he traces directly back to his own parents' divorce.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Name the three men you could call at 2am
- [ ] Book something that puts you in a room
- [ ] Audit talent, not passion
- [ ] Fix your financial floor
- [ ] Define your surplus

KEEP UP DAILY

- ◯ When you feel low, move within ten minutes
- ◯ Take one risk a month that could embarrass you
- ◯ Do the unprompted kind thing

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Name the three men you could call at 2am

Write the names down.

If you cannot get to three, that is the finding — and it is a common finding. Treat the gap as a project, not a verdict.

MY VERSION

DONE ON

☐ SETUP 2

Book something that puts you in a room

A gym membership, a league, a class, a standing Thursday.

Galloway's point is that friendship in adult men is a by-product of repeated proximity, and repeated proximity has to be scheduled.

MY VERSION

DONE ON

☐ SETUP 3

Audit talent, not passion

List the things you are unusually good at, including the unglamorous ones.

Ask three people what they'd call you for. Passion, in Galloway's account, is what shows up after mastery.

MY VERSION

DONE ON

☐ SETUP 4

Fix your financial floor

Emergency buffer, automatic investing, no revolving credit balance.

Galloway is uncompromising here: economic viability is not the point of a life, but its absence poisons everything else.

MY VERSION

DONE ON

☐ SETUP 5

Define your surplus

Write down what you currently give out versus take in — money, time, encouragement, opportunity.

The goal is not guilt; it's a number you can move on purpose over a year.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

When you feel low, move within ten minutes

Walk, lift, tidy, send the message, make the call.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Take one risk a month that could embarrass you

Ask, pitch, apply, say the thing at the meeting.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Do the unprompted kind thing

Once a day, do the small useful thing nobody asked for and nobody will log.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

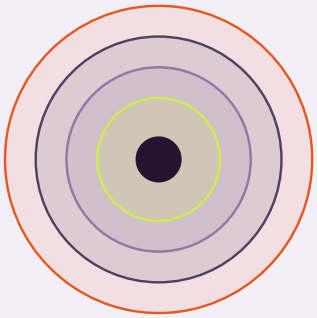
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Action absorbs anxiety.

HOURLIFE TAKEAWAY