





THE JOURNAL

Helping EveryDay Guys
live their best lives.

BEN SMITH

The EveryDay Guy Journal
January 2025

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with BEN SMITH

First and foremost I want to dedicate this to my father, who passed away during COVID as Willow and I began recording the 'Loving Goliath' podcast.

Throughout all the struggles Dad and I experienced together, I knew without a shadow of doubt that he loved and believed in me.

I will never be able to express the appreciation I hold for my father's unrelenting belief that somehow, I would get my shit together.
Dad, we did it!

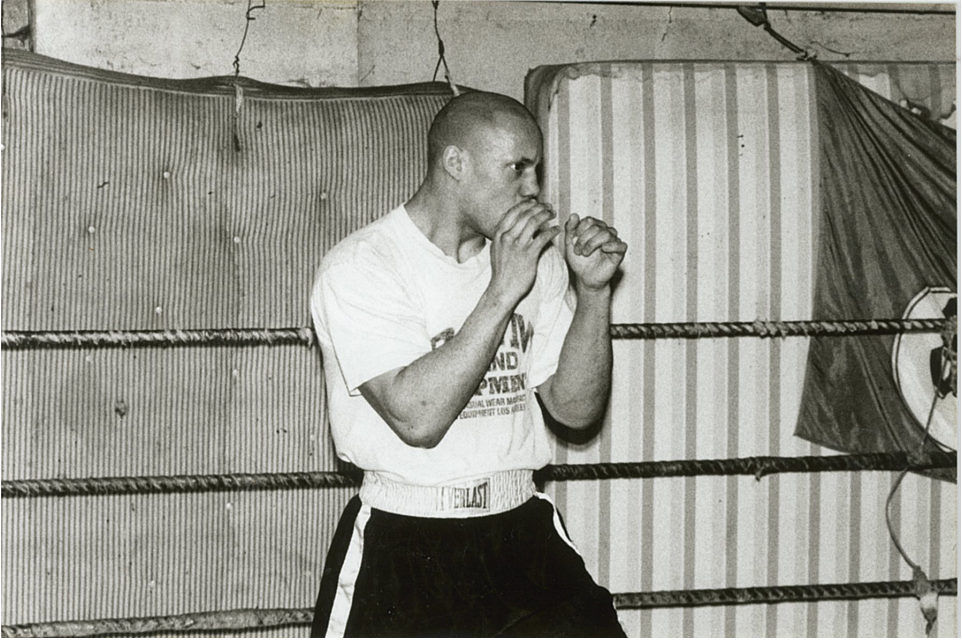
Where did this come from?

Early in 2020, after the first major COVID lockdown happened in BC, my daughter Willow and I began a podcast. I had written a book, for which I was seeking representation that described my experiences as a nightclub bouncer struggling to find peace of mind from bullying, trauma, heartbreak, and violence. The podcast was an easygoing discussion between myself and my daughter tackling many of the topics detailed in the book as well as everyday situations that many people experience. I provided wisdom earned from a lot of lived experience, and Willow brought curiosity, an inquisitive mind, and the perspective of a younger person dealing with the issues of the day. Together we tackled big issues in a laid-back way, with integrity and honesty that is unique to the bond between a father and his daughter. We laughed and had fun weekly meetings initially, and then monthly for a couple of years discussing whatever topics we felt like talking about.

I listened through the initial 50 episodes of the podcast to compile the key points that I felt would positively impact a young man. For the 18-19 year-old teenager entering the workforce, or the man in his twenties or early thirties with a combination of lived experience and some uncertainty and confusion, this book is meant as a guide to discovering keys to living a rich, full, happy life of self assurance, ease, faith, and appreciation. It is meant to be the type of interactive discussion that I wish I had access to when I was that age, immersed in drama and seeking answers. It is my hope that this interactive journal will grow from the shared experiences of a community of young men discovering answers to questions in a rapidly changing world, and willing to share them with others.

~ Ben





Why this Journal Exists

For most of my life—until I was nearly 40—I lived in a cycle of emotional chaos.

I'd go through two-to-five year phases of deep confusion and self-loathing, followed by periods of clarity and passion, only to find myself spiraling back down into uncertainty and negativity. It was challenging to find my consistency.

The negative experiences would build and build until they hit a breaking point, forcing me to decide that I couldn't live that way anymore. I'd reset, regain clarity and joy for a time, but then the cycle would start all over again.

It was exhausting, and it left me feeling lost and out of control.

Eventually, I discovered the shocking truth: The solution to breaking this cycle wasn't complicated. Once I understood how simple it was to manage my emotions consistently, my life began to change—and it became equally shocking to see how many others were trapped in the exact, same struggle.

I'm telling you this story because that's why the EveryDay Guy journal exists:

To help you and others like you (and me!) to break this cycle.

As a young man, I craved guidance and support, but struggled to find role models who I felt would understand what I was going through and could help me navigate the challenges I was facing.

It wasn't until I learned how to consistently regulate my emotions that I found lasting joy and self-acceptance. This personal transformation, combined with over 20 years of coaching and mentoring, led me to create the Everyday Guy Interactive Journal—a tool designed to guide others toward greater happiness and well-being.

The journal offers simple, effective steps to help people experience more ease and joy. Each section links to episodes of the Loving Goliah podcast, where Willow and I openly discuss overcoming challenges and share practical strategies for staying grounded.

HOW TO USE THIS JOURNAL

This journal guides you through simple yet powerful steps to build the emotional consistency needed to avoid feeling overwhelmed. When you learn to shift your perspective in empowering ways and manage your emotions effectively, the chaos fades, and only minor adjustments are needed to fully enjoy your life.

This isn't a complex, lofty guide—it's practical, relatable, and effective. It's written by a real, everyday guy who's been through trauma, drama, and years of emotional turbulence before discovering the simplicity of feeling secure in his own skin and confident about his ability to live a fulfilling life.

Now I want you to experience the same discovery!

Keep it simple, and please, take your time. You don't need to start at the beginning and work your way to the end. Choose a section that calls to you, and listen to the podcast episode segments connected to it.

Let the ideas resonate with your own experiences and start to explore the prompts, even if it's just at a surface level. Sometimes I go for a walk or a workout, or I'll listen to music and let things percolate for a while.

When you feel ready, dig a little deeper. Take a deep breath, and dive in.

Face what has been blocking you head-on in a way and at a level that feels right for you. Begin to uncover your clarity, shift your per-

spectives, and step into the version of yourself that so many people struggle to find.

This journal is more than just a guide—it's a tool to refine your ability to experience more happiness, passion, joy, and love. And this is just the beginning, Version 1.0. I can't wait to hear from you with your ideas and input. EveryDay Guy is committed to being responsive, dynamic, interactive, and always, solutions-focused.

Hands Up.
Chin Down.
No Pain.

EVERYDAYGUY.LIFE

1

THREE PILLARS TO HAPPINESS

People grounded in a sense of self-assurance, ease, and faith can keep life and its potential problems in the proper perspective.

Consistent happiness is built upon a foundation of self-assurance, ease, and faith. Acknowledge qualities that you already appreciate about yourself. Continue to grow and expand.

BEN SAYS

Once I finally chose to confront all the pain from my past, forgiving myself and everyone who I felt had a part in my trauma, I was able to turn the page. Feeling a huge wave of relief, I decided that living in any state of unhappiness was unacceptable. I then began to apply simple, practicable tools that have allowed me to remain extremely happy and appreciative about life ever since making that life-changing decision.





LISTEN

You are who you tell the world you are. (30:44-32:10)

REFLECT

What qualities do you have that always make you feel good about yourself and can be used to form the foundation of your self-assurance?

YOUR EXPERIENCE

What it taught you

How you can use this knowledge moving forward

2

RISING FROM THE ASHES!

It may seem difficult to be positive when you feel hopeless, but focusing in a slightly more positive way is the first step necessary to progress towards genuine happiness. Within a short amount of time, continuing in this way, you can experience genuine joy, appreciation, and passion.

You are just one decision away from becoming who you want to be. Focus only on what you want. Don't look back!

BEN SAYS

As a suicidal young man having lost almost everything of meaning to me, once I found a tiny spark of hope that life could get better, an extraordinary sequence of events caused money, love, joy, and passion to burst into my life.

Within just a few months my entire life changed, and I felt blessed! This experience taught me how important it is to find some sense of hope, no matter how small.





LISTEN

It's difficult to find answers when you're focused on problems, so try to focus on solutions. (28:07-29:03)

REFLECT

What simple shift in your thoughts will give you a feeling of hope that you are progressing towards what you want?

YOUR EXPERIENCE

What it taught you



How you can use this knowledge moving forward

NOTES

NOTES

3

FOCUS ON SOLUTIONS

Your mind may play tricks on you, but when you are focused only on what you want, and you relax and trust yourself, solutions will become clear.

Problems are a different vibration than solutions. Learn to be solution-focused. When you are laser-focused only on what you want, you will find solutions.

BEN SAYS

When you fall on your face enough times, as I have, you draw a line in the sand in which failure is not an option, and you become solutions-focused.





LISTEN

You can't find solutions if you're focused on problems. (7:32-9:34)

REFLECT

How can you be more solutions-focused considering what's happening in your life right now?

YOUR EXPERIENCE

What it taught you

How you can use this knowledge moving forward

A Bit About Ben

As a black child born in 1971, Ben was adopted in Seattle and raised by white parents in a tough neighbourhood in East Vancouver. He experienced relentless violence, bullying, and racial discrimination.

As a way to overcome fear and self-loathing, Ben became a competitive boxer, wrestler, and bodybuilder. These positive outlets allowed Ben to channel his hurt, anger, and frustration, eventually owning a gym, helping others as a successful personal trainer and mentoring youth as a community care worker.

Ben's many years working as a nightclub bouncer gave him unique insight into the universal quest for self-acceptance, love, and happiness. Now he works to help men move past their own pain.

He lives on the beautiful west coast of Canada, with his partner for life, Charlene, in close proximity to his daughter, Willow.

About EveryDay Guy

EveryDay Guy is an interactive multimedia brand committed to a proactive approach to address the root of a growing societal problem. Our mission is to help individuals to become 'active characters' in their own journey, to experience increased personal agency, and to develop a consistent practice using teachable tools that lead to new healthier habits and lasting change.

Designed to empower young men and men in mid-life seeking more clarity and support to gain control of their happiness, mental health, and well-being, we reach individuals where they're at (on their screens!) in a real, relevant, and relatable way.

Connect with us to learn more at everydayguy.life.

HANDS UP CHIN DOWN NO PAIN

FOR EVERYDAY GUYS

BY TRAINER BEN SMITH
EVERDYAGUY.LIFE