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Fighting Every Day Manifesto

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OUR MANIFESTO

Fighting Every Day

Every Man Is Fighting A Battle. Some battles are visible but most are not.

The pressure to provide.

The responsibility of fatherhood.

The loneliness nobody talks about.

The stress of work.

The burden of expectation.

The struggle to keep moving when every part of you wants to stop.

For too many men, these battles are fought alone. We believe that needs to change.

We Reject The Lie That Strength Means Silence.

Strength is not pretending everything is fine.

Strength is asking for help when you need it.

Strength is getting out of bed on the days when you don't want to.

Strength is showing up for your family, your friends, your community and yourself.

Strength is continuing the fight.

We Reject The Idea That Men Must Choose Between Toughness And Vulnerability.

We believe a man can be both. A man can be resilient and compassionate, disciplined and kind, protective and honest.

A man can be strong enough to carry responsibility and strong enough to admit when he is struggling.

We Believe Every Day Matters.

Not because every day is easy but because every day is another opportunity to take one step forward. One conversation, one decision, one act of courage, one reason to keep going.

Progress is a victory. Showing up is a victory. Refusing to quit is a victory.

We Believe Brotherhood Matters.

No man should have to fight alone. We are stronger when we stand together.

We encourage one another, challenge one another and support one another. Not through judgement or through competition but through respect.

We Fight For What Matters.

For our families.

For our futures.

For our health.

For our purpose.

For our peace of mind.

For the people who depend on us.

For the life we want to build.

We Are The FEDs.

We are fathers and sons.

Brothers and friends.

Workers and leaders.

Builders and creators.

Students and teachers.

Ordinary men facing extraordinary challenges.

We are not perfect and we do not have all the answers but we refuse to give up.

This Is Our Commitment.

To keep showing up.

To keep learning.

To keep growing.

To support others when they need us.

To ask for help when we need it.

To fight with courage.

To live with purpose.

To leave things better than we found them.

FIGHT WELL. LIVE WELL.

Keep Fighting. Every Day.