

KOURTED

MEN'S TRAINING CURRICULUM

Date Well. Choose Wisely. Lead With Character.

A modern relationship readiness curriculum for men who want to become intentional, emotionally mature, and prepared for lasting love.

For men building more than a relationship - men building a life.

Welcome to Kourted Training

Kourted is designed for men who want to move beyond casual dating advice and become more intentional in how they plan, pursue, communicate, and lead.

This curriculum helps men develop practical dating skills, emotional maturity, personal presentation, discernment, and long-term relationship readiness.

Kourted is not about pickup tactics, performance, or manipulation. It is about becoming a man of character who knows how to honor women, choose wisely, and build something healthy.

The Kourted Path

Stage	Focus	Purpose
Date Well	Planning, pacing, thoughtfulness, consideration	Create meaningful dating experiences.
Present Well	Style, grooming, presence, first impressions	Understand how appearance communicates intentionality.
Choose Well	Character, compatibility, discernment	Evaluate wisely while dating.
Relate Well	Communication, conflict, emotional leadership	Build skills that create safety and trust.
Build Well	Purpose, finances, household, legacy	Prepare for partnership, family, and future impact.

Premium Core Training

For Premium Members: The Core Training Library helps men become more thoughtful, prepared, emotionally grounded, and intentional while dating.

Track: Date Well

Course	Description
Pacing	Slow down enough to evaluate character, compatibility, and emotional readiness.
Thoughtfulness	Develop habits of attentiveness that communicate care, consistency, and respect.
Anticipation	Plan ahead, prepare well, and create smoother dating experiences.
Consideration	Understand how your choices affect her comfort, schedule, emotions, and safety.
Emotional Leadership	Remain calm, accountable, and grounded during emotionally charged moments.

Track: Present Well

Course	Description
Dress Well: The Psychology of Personal Presentation	Understand how clothing communicates confidence, self-respect, preparation, and situational awareness.
Build My Look Masterclass	Learn why Kourtied outfit recommendations match budget, environment, date energy, and emotional objective.
First Impressions & Presence	Develop awareness around grooming, posture, tone, confidence, and how you enter a room.

Track: Choose Well

Course	Description
Character Over Chemistry	Understand why attraction may start a connection, but character determines whether it can last.
Choosing Wisely	Evaluate values, compatibility, lifestyle, emotional maturity, and long-term potential.
Is She a Proverbs 31 Woman?	Use a character-based framework to assess wisdom, stewardship, kindness, integrity, and faithfulness.
Future Mother Evaluation	Consider whether her character, maturity, and values would be healthy to pass on to future children.

Track: Relate Well

Course	Description
Honoring Her Standards	Respect healthy boundaries, expectations, and relationship requirements.
Healthy Communication	Build communication habits that foster trust, clarity, honesty, and connection.
Conflict Resolution	Navigate disagreement without defensiveness, avoidance, or emotional immaturity.
Defining a Healthy Relationship	Identify what healthy love, peace, trust, respect, and mutual accountability should look like.

Kourted Academy

For Future Elite Members: Kourted Academy is the deeper formation path for men who want to build more than dating confidence. It prepares men to lead their lives, steward responsibilities, choose wisely, and build a meaningful future.

Academy Pillar: Becoming Him

Course	Description	Exercise
Lead Yourself First	Develop discipline, purpose, self-leadership, and personal responsibility.	Personal Vision Statement
Purpose Before Partnership	Clarify your calling before expecting a relationship to complete your identity.	Future Self Letter
The Definition of Love	Define what love means before entering a serious relationship.	What Love Is / Is Not Worksheet
Personal Vision	Identify the man, husband, father, and leader you are becoming.	Life Direction Reflection

Academy Pillar: Discernment

Course	Description	Exercise
Character Assessment	Observe integrity, humility, accountability, and consistency.	Character Evaluation Worksheet
Relationship Standards	Define non-negotiables before emotional attachment clouds judgment.	Personal Standards Checklist
Proverbs 31 Framework	Apply biblical character traits through wisdom, stewardship, and faithfulness.	Character Observation Journal
Choosing Wisely in Real Life	Apply discernment to real dating scenarios, red flags, and long-term compatibility.	Relationship Discernment Worksheet

Academy Pillar: Stewardship

Course	Description	Exercise
Financial Character	Examine spending, saving, generosity, debt, discipline, and financial behavior.	Financial Stewardship Plan
Household Management	Manage your own home, schedule, responsibilities, and environment before building with someone else.	Household Operating Plan
Time Stewardship	Evaluate how priorities, habits, and schedule reflect values.	Weekly Stewardship Audit
Health Stewardship	Build physical, emotional, spiritual, and relational wellness habits.	Personal Wellness Plan

Academy Pillar: Legacy

Course	Description	Exercise
Marriage Vision	Define the marriage you want to build and what leadership inside it requires.	Marriage Vision Worksheet
Fatherhood Vision	Consider the values, emotional patterns, and lessons to pass to future children.	Future Family Blueprint
Purpose Partner	Evaluate whether two people can support each other's purpose and future.	Shared Purpose Assessment
Family Culture	Create a vision for values, traditions, rhythms, and standards of a future household.	Family Mission Statement

Academy Pillar: Alignment

Course	Description	Exercise
Vision, Lifestyle & Future	Assess whether your desired future aligns with the person you are dating.	Five-Year Future Conversation
Important Conversations Before Commitment	Discuss faith, finances, family, sex, health, expectations, and lifestyle.	Relationship Alignment Workbook
Healthy Relationship Blueprint	Define peace, trust, partnership, commitment, and emotional safety.	Relationship Health Audit
Build Your Life Plan	Create a roadmap for purpose, finances, relationship standards, family, and legacy.	Five-Year Roadmap

Signature Exercises

Guided Exercises Included

Exercise	Purpose
The Definition of Love	Clarifies what love means before assuming shared understanding.
Relationship Standards Workbook	Identifies values, requirements, and non-negotiables.
Character Evaluation Worksheet	Assesses behavior, consistency, maturity, and integrity.
Financial Stewardship Plan	Reviews money behavior, responsibility, and future readiness.
Household Operating Plan	Prepares men to manage home and responsibilities with maturity.
Five-Year Future Conversation	Evaluates alignment around lifestyle, vision, and long-term goals.
Build Your Life Plan	Creates a roadmap for purpose, family, finances, and legacy.

The Kourted Standard

- Date with intention
- Dress with awareness
- Communicate with maturity
- Honor women with respect
- Choose with discernment
- Lead with emotional stability
- Steward finances, purpose, and household well
- Build relationships rooted in character and alignment

Not just better dates. Better men. Better relationships. Better futures.