

The Real Healthy Man Check-Up™

5 Ways to Grow from Good to Great, God's Way...Guaranteed!

Every man should get a physical check-up once a year; and every godly man should get a spiritual, relational, and emotional check-up just as often. So we've designed a quick 5-minute, self-assessment check-up to help you identify your strengths, as well as the areas in your life that need to be strengthened. For additional information, training, or support in any of these **5 areas**, or if you'd like to see the results of other men who've taken this assessment, just email us at realconnect@gmail.com.

CHRIST (Matt: 22:36): Your relationship with God is the MOST IMPORTANT relationship you have. This relationship affects and determines the quality of your relationship with others (*i.e., wife, children, friends, co-workers, employees, teammates, etc.*). **CHECK-UP:** How often do you go to a specific place at a specific time and spend quiet (*private*) time with God (*NOT church, NOT reading a devotional, NOT listening to a sermon or worship music*) - praying, memorizing scripture, reading the Bible, and journaling your thoughts?

- 5 pts = 5+ days a week
- 4 pts = 4 days a week
- 3 pts = 3 days a week
- 2 pts = 2 days a week
- 1 pt = 1 day a week

CONNECTION (Eccl: 4:9,10): You're only as strong as the number of strong men you have in your life. A man with no accountability can't be counted on. **CHECK-UP:** How many men do you have in your life who you trust, admire, and respect, who you can depend on when you're at your worst – and they'll still respect you?

- 5 pts = 5 or more men
- 4 pts = 4 men
- 3 pts = 3 men
- 2 pts = 2 men
- 1 pt = 1 man

COMMUNITY (Gal 6:1,2): You can't heal if you don't have a safe place to reveal your struggles. We all need a safe place to share and a healthy place to heal and grow (*among men*). **CHECK-UP:** How long have you been part of a small group of men who can relate to your sins, hurts, habits, and hang-ups?

- 5 pts = 5+ years
- 4 pts = 4 years
- 3 pts = 3 years
- 2 pts = 2 years
- 1 pt = 1 year

COUNSELING (Prov 11:14): You're not your behavior; you're who God says you are IN Christ. Just like every fruit has a root, so does every sinful behavior. We all need the help of a good Christian counselor (*professional*) who can help us understand our "roots" better. **CHECK-UP: When** was the last time you visited a Christian counselor for a spiritual, emotional, and relational "tune-up"?

- 5 pts = 2 years or less
- 4 pts = 3-4 years ago
- 3 pts = 5-6 years ago
- 2 pts = 7-8 years ago
- 1 pt = 9+ years

COACHING (Prov 28:26): You can't become a true champion (*no one ever has*) without a good coach, mentor, or teacher. We all need someone to help us reach our full potential and is willing to get in our face and stand by our side until we succeed in the areas that matter most to us: faith, family, finances, friendships, business, ministry, sexual purity, etc. **CHECK-UP: Who** is currently coaching you?

- 5 pts = A man who's done what I want to do
- 4 pts = A man who is doing what I want to do
- 3 pts = A man who is close to where I want to be
- 2 pts = A man who's on his way to where I want to be
- 1 pt = A man who's one step ahead of me

So, how's your health? Total your points and check the scale below to see what your check-up reveals:

SCORE:

- 23 – 25 = Soul-ed out (*to Him*)
- 20 – 22 = Satisfied (*with Him*)
- 18 – 19 = Searching (*for Him*)
- 15 – 17 = Struggling (*with Him*)
- 5 – 14 = Suffering (*without Him*)

*This self-assessment check-up was designed to help you identify your strengths, as well as those spiritual, relational, and emotional areas of your life that you need to strengthen. So if you scored high (i.e., Soul-ed out), just remember, **Proverbs 27:17** says, "As iron sharpens iron, one man sharpens another." So we encourage you to use and share some of the resources on RealMenConnect.com to help sharpen the other men in your life. And if you scored low (i.e., Suffering), remember, **Romans 8:1** says, "There is no condemnation for those who are in Christ Jesus." So we want you to know that there's hope and we can help you. Just email us at realmenconnect@gmail.com, and schedule a FREE 15-minute breakthrough call with Dr. Joe.*

And please feel free to share this assessment with any man you know who could use a "check-up."