

The Real Healthy Man Check-Up™

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

Just as every man should get a physical check-up once a year, every godly man should do a spiritual, relational, and emotional check-up just as often. Rooted in 22+ years of practical man-building experience, here's a 5-minute guide we've designed to help you do a self-assessment to measure your current spiritual, emotional, and relational health. For additional training, resources, or support in any of these 5 areas, 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, your struggles, your secrets, and your scars?

- 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*)

Regardless of where you scored, whether it's near the top (*Soul-ed out*), **Proverbs 11:2** says, "When pride comes, then comes disgrace, but with the humble is wisdom," or near the bottom (*Suffering*), **Romans 8:1** says, "There is no condemnation for those who are in Christ Jesus," the point is, **James 1:5** says, "If any man lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." So whether you find your "health" in a good place or a bad place, if you need help, please let me and my team know, so we can help you grow from good to great, God's way...guaranteed!

Contact us: realmenconnect@gmail.com | www.RealMenConnect.com

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