

# MANLY STRENGTH ASSESSMENT

This worksheet may not be easy to do. It's important that you're honest. with this assessment. You're not fooling the one who's opinion really matters.

There are a lot of numbers in this worksheet. Don't get overwhelmed, just try to push through and answer as honestly as you can. If you get confused just skip it and come back later. Plan some time when you can work on this without interruption, even if only one section at a time.

If you find either a section or multiple sections that have multiple scores below 50 you would do well to consider taking more drastic action. You were made to live a Holy life, to become your very best self. Low scores suggest that may not be happening.

If any particular score seems unfair or not applicable then simply leave it blank. You should still get a good idea of how you're doing in each section. For example, if you are not married, you cannot answer questions regarding marriage.

You are doing this work to give glory and honor to God.

# Strength Categories

Write down your scores for each strength on this page. The scores are between 0 and 100. If you are ever confused, watch the walk-through video to help!

No	Strength	Score	No	Strength	Score
	<i>Spiritual Strengths</i>			<i>Intellectual Strengths</i>	
1	Daily Zeal		16	Intellectual Growth	
2	Family Leadership		17	Mental Workout	
3	Sacrament Participation		18	Self Awareness	
4	Surrender to God		19	Income Potential	
5	Connecting with God		20	Job performance	
6	Evangelization		21	Family Balance	
	<i>Emotional Strengths</i>			<i>Sexual Strengths</i>	
7	Self Denial		22	Chastity	
8	Self Discipline		23	Pursuer (Romantic)	
9	Anger		24	Affectionate	
10	Contempt/Disgust		25	Meek	
11	Unconditional Love			<i>Physical Strengths</i>	
12	Warmth/Kindness		26	Medical problem	
13	Generosity		27	Body fat	
14	Gentleness		28	Muscle strength	
15	Emotionally Solid		29	Endocrine	

# Spiritual Strength Part 1:

## 1. Daily Zeal:

Does your faith play a role in every part of your life?

I don't do anything religious at all -> 0pts

Once I leave mass God is "dead" to me -> 10pts

I think of God occasionally -> 30pts

My faith does matter for some things -> 50pts

I pray throughout the day and pursue charity -> 70pts

My life is an effort to follow Christ -> 90pts

## 2. Family Leadership:

How well do you lead your family in faith?

I do nothing at all about it -> 10 pts

I make sure they get to mass but nothing else -> 30pts

I also send them to religious classes -> 40 pts

I occasionally lead a prayer - 50pts

I lead prayer every day and share my faith a bit - 70pts

I lead prayers and discuss the faith every day - 90pts

## 3. Sacrament Participation:

Do you regularly attend the sacraments?

Nope - 0pts

"Christmas/Easter-only" style - 10pts

When its convenient - 30pts

Sunday mass plus confession when I feel bad - 50pts

Regular scheduled confession - 70pts

Daily mass and weekly adoration - 90pts

## Spiritual Strength Part 2:

### 4. Surrender to God:

Is God in control or you? This can be difficult to see.

We don't speak. -> 0pts

I briefly tell God *my* plans -> 20pts

I might ask questions that don't affect what I *really* want to do -> 40pts

I'll accept God's plan on the areas of my life I'm willing to, and aren't too painful -> 50pts

I surrender everything that occurs to me -> 70pts

I am curious to discover what I'm still holding on to, set out to surrender them, and don't take it back when I get scared -> 90pts

### 5. Connection with God:

How is your relationship with and connection to God?

I just leave Him alone -> 10 pts

Intellectually I know he wants a relationship -> 30pts

I ask some questions and sometimes listen -> 50 pts

I regularly ask questions and often listen -> 60pts

I express feelings of love and warmth, the parts that I believe are "ok" to share -> 70pts

I fully share the good and the bad with Him and expect His guidance like a good Father -> 90pts

## Spiritual Strength Part 3:

### 6. Evangelization:

Do you share your faith with others in a humble, courageous, and constructive manner?

Not at all -> 0pts

I often fail to be humble or constructive -> 20pts

My faith is only communicated at mass -> 20pts,

I'll discuss my faith and witness it only with my close friends that already believe -> 40pts

I pray for my meals, try to act kindly, and sometimes will speak about my faith if it feels safe -> 55pts

I witness my faith to everyone via kindness, encouragement, and faith discussions -> 75pts

I'm willing to risk social awkwardness, my friend's approval, and my own time and energy to genuinely serve as Christ would want -> 90pts

## Emotional Strength Part 1:

### 7. Self Denial:

A failure to say "no" to yourself. How frequently do you:  
Indulge a Mortal problem (e.g. pornography, extreme drunkenness (blackout), illegal drugs, etc.)

Daily -> Score of 0, Weekly -> 5,

Monthly -> 10, Yearly -> 15,

Indulge a Venial problem (e.g. overeating, over drinking, unchaste eyes or thoughts, excessive media)

Daily -> 25, Weekly -> 40, Monthly -> 50, Yearly -> 75

8. Self discipline: Make a sub score of each of the two below, then add them together to write in the table.

A. How frequently do you fail to honor a commitment you made to yourself or others? \_\_\_\_

B. How frequently do you make an excuse to not do what you know is really important? \_\_\_\_

Daily -> 10, Weekly -> 20

Monthly -> 30, Yearly -> 40, Never -> 50

9. Anger: Make a sub score of each of the two below, then add them together to write in the table.

A. How frequently do you lose yourself in anger: \_\_\_\_

B. How frequently do you injure others in anger: \_\_\_\_

Always -> 0, Hourly -> 10, Daily -> 25, Monthly -> 30,

Yearly -> 40, Never -> 50

## Emotional Strength Part 2:

### 10. Contempt/Disgust:

How often do you powerfully feel these emotions or thoughts toward another human being?

Hourly -> 5, Daily -> 20, Weekly -> 40

Monthly -> 60, Yearly -> 80, Never -> 100

### 11. Unconditional Love:

We are called to love people more than their mistakes, accidents, and carelessness. How frequently do you not show this love, choosing instead the "thing?"

Hourly -> 10, Daily -> 30, Monthly -> 60, Yearly-> 80

### 12. Warmth/Kindness:

How frequently do you speak harshly (without warmth) or cruelly (without kindness) to your spouse or children? How frequently do you allow hardness of heart towards them?

Hourly -> 10, Daily -> 30, Monthly -> 60, Yearly-> 80

### 13 Generosity:

How often are you envious or greedy in your heart? Consider particularly the times you can be generous but choose not to. How frequently do you feel stingy or that the money is "yours" rather than God's?

Hourly -> 10, Daily -> 30, Monthly -> 60, Yearly-> 80

## Emotional Strength Part 3:

### 14. Gentleness:

How often do you physically or emotionally "rough" with your wife, children, or others, using force not appropriate for the situation?

Hourly -> 10, Daily -> 30, Monthly -> 60, Yearly-> 80

### 15. Emotionally Solid:

We men are called to keep our cool no matter how crazy our wives and kids are. How often do you lose your emotional control when others are upset?

Hourly -> 10, Daily -> 30, Monthly -> 60, Yearly-> 80



## Intellectual Strength Part 1:

### 16. Intellectual Growth:

How much time are you spending reading or listening to content that teaches you new and relevant ideas or helps you improve an area of your life?

Hour per day -> 100, 15 min per Day -> 75, 30 min per week -> 50, 30 min per Month-> 40, Never ->20

### 17. Mental Workout:

How much time are you spending that challenges your mind to think harder, faster, or more complex? This can include things like challenging games, engaging conversation, or problem solving

Hour per day -> 90, 15 min per Day -> 70, Hour per week -> 50, Hour per Month-> 40, Never ->20

### 18. Self Awareness:

How much time are you spending reflecting and evaluating what you've done and how to be better? This can include daily examine, journaling, or humbly seeking feedback from a trusted friend or spouse

20 min per day -> 90, 2 min per Day -> 70, 10 min per week -> 50, 10 min per Month-> 40, Never ->20

## Intellectual Strength Part 2:

### 19. Income Potential:

How much money are you bringing in relative to your families needs and your capabilities? Add scores A and B together.

A. Family well provided = 50, Family making it = 40, Wife required to work = 30, Even with both spouses working still sinking = 20, Food and Housing not reliable = 10

B. Income consistent with your skills and good effort = 50, Moderately below what you could do = 30, Not trying much at all to make income = 10.

### 20. Job performance:

How committed are you to performing your best in your job? A low score here may indicate the wrong job. I really try hard -> 90, I coast a bit but boss is happy -> 70, I'm halfway committed -> 50, I don't really care much-> 40, Quit and Stay ->20, No Job -> 0

### 21. Family Balance:

Do you have a job that allows you to balance the needs of your family with the needs of your employer? Both wife and boss are well satisfied -> 90, Both usually satisfied -> 70, Only one satisfied, other moderately unhappy -> 50, Either unhappy-> 30, Both unhappy ->10

## Sexual Strength Part 1:

### 22. Chastity:

Currently in affair / adultery / fornication -> score of 0

Pornography/Masturbation -> score of 10

If have plan and making progress -> score of 20

If you stare at and/or fantasize about anyone but your spouse more than 60s per week your score is 40.

If you rarely engage in a "second look" or mental fantasy and immediately fight it your score is 60.

If you regularly push your spouse for sex without considering her heart's condition, your score is 60.

If your spouse complains more than once a month that sex feels like using, your score is 70.

If none of these apply, your score is 80.

Always be vigilant against lust; men are tempted.

### 23. Pursuer (Romantic):

Add together the following numbers.

Number of dates per month (max 4): \_\_\_\_

Number of those you planned yourself (max 4): \_\_\_\_

Number of times in an average day you compliment your wife sincerely without expecting sex (max 4): \_\_\_\_

Number of times per month you surprise your wife with extra time with her unplanned (max 4): \_\_\_\_

Number of times per month you praise your wife in front of her friends (max 4): \_\_\_\_

Add together and multiply by 5. Final score: \_\_\_\_

## Sexual Strength Part 2:

### 24. Affectionate:

Arrange a time to ask your wife the following questions, on a scale of 1 to 10, how she feels:

Loved, on average: \_\_\_\_\_ right now: \_\_\_\_\_

Cherished, on average: \_\_\_\_\_ right now: \_\_\_\_\_

Valued, on average: \_\_\_\_\_ right now: \_\_\_\_\_

Appreciated, on average: \_\_\_\_\_ right now: \_\_\_\_\_

Noticed and Seen, on average: \_\_\_\_\_ right now: \_\_\_\_\_

Add all the above scores together for final score: \_\_\_\_\_

### 25. Meek:

How often you pressure your wife for a sexual act not in accordance with the teaching of the church:

On contraception -> 20

Rarely in moments of weakness -> 30

When your wife declines your request for sex or your expectations of sex were interrupted, do you:

Get angry and threaten -> 20

Drink/other drugs to avoid feelings -> 30

Sulk and hide -> 40

Subtle punishments (e.g. not doing chores) -> 45

Blame her in your mind but act civil -> 55

Feel the sadness for more than 30 min but otherwise re-engage as best you can -> 80

Accept her "no" gracefully and, without alternate motive, ask how you can help her -> 100

## Physical Strength part 1

### 26. Medical Problems:

Do you have a diagnosed medical condition that significantly impedes your life and functioning? If so, write down "25" as the score

Do you have a diagnosed medical condition that moderately reduces your functionality? Wrote down "50" as the score.

Do you have a medical condition that affects your functionality that you haven't investigated at all? Write down "60."

If you're addressing your medical concerns sufficiently to maintain your life sufficiently, write down "80"

### 27. Body Fat:

If you are underweight or seriously muscled (with low percent body fat), skip this question.

Determine your height in inches: \_\_\_\_\_

weight in pounds: \_\_\_\_\_

BMI =  $703 * \text{weight} / \text{height}^2$ . Write BMI: \_\_\_\_\_

BMI between 20 and 25 -> Score 100

BMI between 25 and 30 -> Score 75

BMI between 30 and 35 -> Score 50

BMI between 35 and 40 -> Score 25

BMI above 40 -> Score 10

BMI below 20 is a bit different. If you have engaged medical help with plan -> 60, if not -> 30

## Physical Strength part 2

### 28. Muscle Strength.

Test how many can you do in 1 min, make score adjustments as noted.

Pullups (up to 12): \_\_\_\_ Multiply x2: \_\_\_\_\_

Pushups (up to 25): \_\_\_\_\_ (no change) \_\_\_\_\_

Air Squats (up to 50): \_\_\_\_ Multiply x0.5 \_\_\_\_\_

Lunges (up to 26): \_\_\_\_\_ (no change) \_\_\_\_\_

Add right most numbers together for final score.

### 29. Endocrine

If you are under age 30 OR within last 2 years have had your hormone levels tested and passed those tests with a physician -> Score is 90

If you know you have some hormone issues but have a plan with your physician -> Score is 75

If you are 30-40 and haven't checked - > Score is 60

If you are 40-50 and haven't checked -> Score is 45

If you are 50-60 and haven't checked -> Score is 35

If you are above 60 and haven't checked -> Score is 25