

Being God's Man Survey

This survey helps men measure how well they have integrated manhood principles and behaviors into their daily lives. It will help you look at how manhood should be modeled and provide you with feedback which can help you identify some of your weaknesses. While it shows you the areas where you have grown, it will also challenge you to ask God for help in certain areas. It provides a forum for sharing your memories, thoughts and feelings together, which is one of the first steps of building a strong relationship and getting closer to being manhood peers. Often, we have difficult memories or perceptions of what a manly life should be. This exercise will help you establish a standard for what is expected of you in the future. You can download a printable version of the "Being God's Man Survey" at knights21.com/beinggodsmen.

As you complete the survey:

- Score yourself based on where you are currently in your manhood journey.
- If you are doing this manhood walk with your father or a mentor, have them score you on each question as well.
- Compare your scores with your father/mentor's scores. Identify the areas where your answers are similar and the areas where your answers are different.
- Discuss your progress and the areas that you may need to work on more in the future.

Using a scale of 1 to 5, score yourself in each area regarding whether you are currently acting more like a male, or more like a man.

1 = Mostly male behavior

5 = Mostly manly behavior

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- _____ **1** Do I take care of myself physically?
- _____ **2** Do I control my anger?
- _____ **3** Do I guide my sexuality?
- _____ **4** Am I responsible? Am I willing to face the challenges of life?
- _____ **5** Do I put the needs of others before my own needs?
- _____ **6** Do I have strong relationships with other men?
- _____ **7** Do I maintain a balance between work and positive forms of pleasure?
- _____ **8** Do I face the pain and disappointment of life with positive strategies?
- _____ **9** Do I have and hold myself to a high moral code?
- _____ **10** Do I protect my family?
- _____ **11** Am I good at listening, communicating and valuing others?
- _____ **12** Am I able to express myself emotionally in healthy ways?
- _____ **13** Am I good at making decisions?
- _____ **14** Do I have a strong relationship with God?

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- _____ **15** Am I aware of my dark side (sin, weaknesses, failures, shortcomings, tendency toward negativity or taking the easy way out)?
- _____ **16** Do I take appropriate action to correct my mistakes?
- _____ **17** Do I forgive others when they hurt me?
- _____ **18** Have I chosen manly principles for my life? Do I live by them?
- _____ **19** Have I learned from my past? Does what I have learned reflect healthy growth?
- _____ **20** Do I act confidently, without unnecessary defensiveness?
- _____ **21** Do I spend enough positive time with the people I love?
- _____ **22** Do I tell others verbally that they are valuable?
- _____ **23** Do I demonstrate how to care for a woman by treating all women well?
- _____ **24** Do I live with integrity and good character?
- _____ **25** Do I control my anger and other emotions (anxiety, excitement, sadness)?
- _____ **26** Do I understand who I am and act in ways that demonstrate self-respect?

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- _____ **27** Do I stay away from addictive substances, activities and behaviors (alcohol, drugs, food, work, sex, gambling and pornography)?
- _____ **28** Am I willing to teach others how to do things? Do I support their need to learn?
- _____ **29** Do I sacrifice myself for others and contribute positively to my family?
- _____ **30** Am I interested in God? Am I continually pursuing a relationship with Him?