

Manhood Inventory

Part of a male maintaining his manhood status is regular and ongoing self-evaluation. The busyness of life will naturally distract a man from what is his highest priority. A regular time to sit down and seek God's input regarding where one is honestly acting like a man, prevents us from regressing. As men of character we want to stay sharp, and the "Manhood Inventory" below can be used as a tool to help you become aware of the various elements within you so as to accurately assess your present manhood status. The use of this manhood standard demand discipline and courage as God uses it to take you to places He desires you to grow. May God bless you as each time you take it, you are telling Him "God, may I hear from you what you want to empower me on next."

Rate the following areas in relation to your manhood using a scale of 1 to 5 points:

- 1 = I am less than adequate in this area and have the potential of being a spandex male.
- 5 = I demonstrate the positive characteristics of a man in this area.

Evaluate the statements in the "Manhood Inventory" with fearless honesty, as if you and God, your Maker, were discussing them together. (Note: You can visit knights21.com/manhoodextras to download a printable copy of the "Manhood Inventory".)

Growth

- ___ **1** I meet regularly with a group of men for the purpose of building relationships, increasing my personal growth and being accountable.
- ___ **2** I share with others about the specific areas of the forest I struggle with.

- ___ **3** I am increasing my knowledge of the world around me. I am aware of every week learning something new.
- ___ **4** I am aware of making some choices every week which are wrong. I accept their consequences, seek God's forgiveness, learn from them and start again.
- ___ **5** I am dealing well with the negative wounds from my early childhood. I do not create problems for myself or act according to old negative messages.
- ___ **6** I am aware of the importance of understanding and developing the various parts of myself.
- ___ **7** I initiate direction and purpose in my life by actively setting goals for myself which help me follow my dreams.
- ___ **8** I am working on the following three goals that are Specific, Measurable, Accurate, Realistic and Timeline-oriented (S.M.A.R.T.):
- 1 _____
- 2 _____
- 3 _____
- ___ **9** I approach the challenges of life as opportunities, which can help me grow, learn and strengthen my manhood.
- ___ **10** I am able to ask for help when I need it.
- ___ **11** I am seeking God's input in my decision-making and desire Him to empower me to have the courage to look at aspects of my life I would rather ignore.

Worth

- ___ **12** I believe life is what I make it and having God empower me in my life makes it the best.

- ___ **13** I believe, deep down inside, that I am a valuable, amazing man.
- 14** I can name ways I am presently contributing to the well-being of my:
- | | |
|------------|---------------|
| ___ Family | ___ Church |
| ___ Work | ___ Community |
- ___ **15** I am able to forgive myself for my failures and move forward.
- ___ **16** My personal sense of who I am and what I am capable of isn't dependent on the affirmation of others but on who I am with Christ.
- ___ **17** I accept my value humbly, and I treat others like they are equally valuable.
- ___ **18** I think about myself in positive ways. I have confidence in my ability to bend the forest.
- ___ **19** I accept the way I am made, physically, and use my body to honor God.
- ___ **20** I take care of myself physically. I willingly schedule doctor and dentist appointments, as appropriate for my age and physical condition.
- ___ **21** I understand that not all of my ideas, opinions and thoughts have equal value.
- ___ **22** I can identify a number of areas where I have gifts to share with others: _____

- ___ **23** I don't base my definition of myself on how others define me, but I am willing to consider instruction from them when it is offered.

Relationships

- ___ **24** I enjoy interacting with people who are different from me.
- ___ **25** I have several acquaintances or friends who differ from me in race, religious beliefs and/or socioeconomic status.
- ___ **26** I evaluate my friendships; I purposefully choose which friends I should develop closer relationships with.
- ___ **27** I can identify several people who I love in non-romantic ways: _____

- ___ **28** I am currently working to improve my relationships with these friends: _____

- ___ **29** I have the right number of people in my life and the right types of relationships from which I learn and receive support.
- ___ **30** I am willing to forgive others and work on resolving my problematic and/or painful issues with them, as long as my relationship with them is safe.
- ___ **31** I have relationships with several people with whom I discuss my personal growth; we practice accountability with each other.

Care

- ___ **32** I actively contribute to my community.
- ___ **33** I accept my responsibility, as a man, to be a leader first to myself and then to others.

- ___ **34** I compliment people I have relationships with regularly, if not daily.
- ___ **35** I regularly practice the love skills of L.A.R.G.E. C.A.R.E. (Listening, Attention, Respect, Genuineness, Energy, Communication, Affection, Responsibility, Empathy).
- ___ **36** I go out of my way to help people in my life.
- ___ **37** I am a servant leader in the following ways: _____

- ___ **38** I do not try to gain power by judging others; I assess others fairly.
- ___ **39** I accept people for who they are, not for what I want them to be or what they can do for me.
- ___ **40** I do not give advice to or share opinions with others if they haven't asked for it.
- ___ **41** I can list multiple things/people for which I am grateful:

Spirituality

- ___ **42** I am in tune with my soul's inner voice, listen for its messages and look to understand the meaning behind everything I do.
- ___ **43** I have listened to my soul by choosing a faith perspective; I continually apply my faith choice to the decisions I make.
- ___ **44** I am continually assessing the accuracy and helpfulness of my thoughts and beliefs; I use them to guide my manhood journey.

- ___ **45** When God calls me, I am willing to leap toward a transparent act of selfless giving.
- ___ **46** I believe prayer, reflection time, meditation and Bible reading is important; I plan time in my day to participate in these activities regularly.

Self-Control

- ___ **47** I am able to deal with my sexual instinct and guide it in ways that demonstrate manhood.
- ___ **48** I guide my instincts for avoiding pain and seeking pleasure in knightly ways.
- ___ **49** I have good boundaries, which causes people to respect me and allows them to get to know me at deeper levels.
- ___ **50** I continually evaluate whether I am participating in spandex male behaviors or giving spandex male responses, which allows me to be aware of the times when I am returning to my spandex male state.
- ___ **51** I am aware of how the aging process affects me, physically and emotionally. Because of these changes, I adjust the ways I take care of myself.
- ___ **52** I demonstrate physical self-leadership by eating healthy foods, exercising regularly and following through on my doctor's and dentist's instructions.
- ___ **53** I am controlling my fight, flight and sexual instincts well.
- ___ **54** I am developing new attributes (ruts) to help me respond in stronger, manlier ways.
- ___ **55** I am self-disciplined.
- ___ **56** I face my fears directly, with courage.

___ **57** I am able to relax and participate in activities which refuel me. I unwind by: _____

___ **58** I am able to understand and accept responsibility for the ways I influence others.

Emotion

___ **59** I am aware of my feelings; I use my intuition to help me understand the forest and the people I interact with.

___ **60** I understand why I need to develop my ability to be aware of and express my feelings (emotional I.Q.); I am attempting to improve myself in this area.

___ **61** I am able to express my anger directly and in controlled ways. I understand that doing this helps me resolve my anger.

___ **62** I work on the feelings I have about situations/interactions as they occur, which helps me resolve them. Presently, I am working on: _____

___ **63** Before I act, I use the steps: stop—think—decide—act.

___ **64** I recognize my personal warning signs which indicate that I need a break in the action: _____

___ **65** I frequently smile, express humor and compliment others.

Success

___ **66** I am expressing myself in authentic (genuine) ways and live up to my word.

- ___ **67** I have chosen several principles that I live by, and I use them to guide my decisions.
- ___ **68** I have set firm boundaries with the people in my life who have destructive agendas which have the potential to hurt me or someone I love.
- ___ **69** I accept that change is a constant in life, and I adjust to the changes in my world easily.
- ___ **70** I make decisions on a daily basis that I know, with certainty, I will look back on positively.
- ___ **71** I have several strategies to deal with my sin nature (shadow) and where it is likely to tempt me next.
- ___ **72** I behave in ways that I can be proud of.
- ___ **73** A knight evaluates himself regularly; I plan to complete this “Manhood Inventory” again within the next six months.

To score the level of manhood you are demonstrating, add the points you assigned to each statement and fill in your score below.

Score: ___ Possible score: 380

Your score represents how well you are demonstrating the positive characteristics of a man in specific areas; the possible score can be used as a comparison point for evaluating the areas of your manhood journey which require more work.

It is important to continue to evaluate any areas of manhood where you scored a 2 or less. If the “Manhood Inventory” helps you maintain your manhood or pushes you to get back on track, the score is the least relevant part of the exercise.

After you finish reading each volume, or within the next six months, you should complete the “Manhood Inventory” again, to discover the ways you have grown as a man. May honest reflection prevail!