

FREE MEN'S GROWTH RESOURCE

Christian Men's Habit Scorecard

See where you are strong, where you are drifting, and what to strengthen next.

Score seven areas of everyday growth

- 01 Faith & spiritual consistency
- 02 Self-discipline & follow-through
- 03 Health & physical stewardship
- 04 Relationships & family presence
- 05 Work & responsibility
- 06 Time, focus & stewardship
- 07 Character & integrity

The score is not the goal. Honest awareness should lead to practical growth.

PROVERBS 27:23 | JAMES 1:22 | LUKE 16:10

QUICK START GUIDE

How to Use the Men's Habit Scorecard

Score honestly, choose one priority, and turn awareness into action.

1

Score each area 1-5

1 means this area is being neglected. 5 means it is consistently strong.

2

Use evidence, not emotion

Think about the last 2-4 weeks, not only how you feel today.

3

Circle your lowest two

These are not failures. They are your clearest opportunities for growth.

4

Choose one focus

Trying to repair everything at once usually weakens follow-through.

5

Review again in 30 days

Look for practical improvement, not a perfect score.

Score Meaning

1

Neglected

2

Inconsistent

3

Developing

4

Strong

5

Consistent

Use the numbers to see patterns, not to define your worth.

The Most Important Question

Which one area, if strengthened over the next 30 days, would create the greatest positive effect on the rest of my life?

SCORECARD

Part 1: Faith, Discipline, Health & Relationships

Circle one score for each statement, then calculate an overall score for the section.

01

Faith & Spiritual Consistency

Prayer	I pray intentionally and consistently.	1 2 3 4 5
Scripture	I regularly read and reflect on Scripture.	1 2 3 4 5
Application	Biblical principles influence my decisions.	1 2 3 4 5
Community	I remain connected to healthy Christian community.	1 2 3 4 5

SECTION SCORE: ____ / 20

02

Self-Discipline & Follow-Through

Priorities	I know what matters most and act accordingly.	1 2 3 4 5
Completion	I finish important responsibilities consistently.	1 2 3 4 5
Restraint	I can delay impulses that work against my priorities.	1 2 3 4 5
Recovery	I return quickly after setbacks instead of quitting.	1 2 3 4 5

SECTION SCORE: ____ / 20

03

Health & Physical Stewardship

Movement	I move or exercise consistently.	1 2 3 4 5
Nutrition	My food choices generally support health and energy.	1 2 3 4 5
Sleep	I protect adequate rest and recovery.	1 2 3 4 5
Energy	My routines support the responsibilities that depend on me.	1 2 3 4 5

SECTION SCORE: ____ / 20

04

Relationships & Family Presence

Presence	I give important people focused attention.	1 2 3 4 5
Listening	I listen before correcting, advising, or reacting.	1 2 3 4 5
Reliability	People close to me can depend on my word and presence.	1 2 3 4 5
Connection	I intentionally invest time in important relationships.	1 2 3 4 5

SECTION SCORE: ____ / 20

SCORECARD

Part 2: Work, Time & Character

Complete the final three areas, then identify the strongest and weakest patterns.

05

Work & Responsibility

Diligence	I give important responsibilities focused effort.	1 2 3 4 5
Reliability	I meet commitments or communicate early when I cannot.	1 2 3 4 5
Initiative	I address problems instead of waiting to be pushed.	1 2 3 4 5
Excellence	I aim for quality without using perfectionism as delay.	1 2 3 4 5

SECTION SCORE: ____ / 20

06

Time, Focus & Stewardship

Planning	I decide priorities before urgency controls my day.	1 2 3 4 5
Focus	I protect attention from unnecessary distraction.	1 2 3 4 5
Boundaries	I say no when an option works against higher priorities.	1 2 3 4 5
Stewardship	My time and money generally reflect what I say matters.	1 2 3 4 5

SECTION SCORE: ____ / 20

07

Character & Integrity

Honesty	My words and actions are truthful.	1 2 3 4 5
Humility	I admit mistakes and accept correction.	1 2 3 4 5
Self-Control	I pause before reacting in anger, impulse, or pride.	1 2 3 4 5

Overall Score

TOTAL: ____ / 140 LOWEST AREA: ____ HIGHEST AREA: ____

The total matters less than the pattern. Your next action should usually come from the lowest meaningful area.

GROWTH PLAN

Turn Your Lowest Score Into a 30-Day Focus

Choose one area, one measurable behavior, and one weekly review rhythm.

1. Choose the Area

My lowest important area: _____

Why strengthening this matters now: _____

What improvement would look like in 30 days: _____

2. Choose the Habit

Specific behavior I will practice: _____

When / where I will do it: _____

What could get in the way: _____

How I will make it easier: _____

3. Choose the Review Rhythm

I WILL REVIEW THIS PLAN EVERY: _____

MY 30-DAY REVIEW DATE: _____

Keep the plan small enough to repeat. A strong 30-day focus should be specific, visible, and connected to a real responsibility.

MONTHLY REVIEW

Re-Score, Compare, and Keep Growing

Repeat the scorecard after 30 days and compare behavior, not just numbers.

30-Day Comparison

Area	Before	After	Change
Faith	_____	_____	_____
Self-Discipline	_____	_____	_____
Health	_____	_____	_____
Relationships	_____	_____	_____
Work	_____	_____	_____
Time / Focus	_____	_____	_____

What improved most?

What changed in my actual behavior?

What still needs attention?

Where is inconsistency still costly?

What should I keep?

Which habit is producing the best return?

What is my next focus?

Which one area deserves the next 30 days?

Do not chase a perfect score.

BUILD A LIFE WHERE YOUR HABITS SUPPORT THE MAN YOU ARE CALLED TO BECOME.