
Modern Man Self-Evaluation Worksheet

How to use:

- Score yourself from **1 to 5** for each item.
 - **1 = Not at all true for me**
 - **3 = Sometimes true / needs work**
 - **5 = Very true / I live this consistently**
 - Add up your totals for each section to see strengths and growth areas.
-

1. Mindset & Values (Max: 25 points)

- ☐ I respect all people regardless of background.
- ☐ I adapt to change without getting stuck in the past.
- ☐ I balance ambition with humility.
- ☐ I think critically before making judgments.
- ☐ I'm comfortable redefining masculinity for myself.

Score: ____ / 25

2. Emotional Intelligence (Max: 25 points)

- ☐ I can identify and express my emotions.
- ☐ I listen actively without always trying to “fix” things.
- ☐ I can apologize sincerely.
- ☐ I respect personal boundaries (mine and others’).
- ☐ I seek help when needed without shame.

Score: ____ / 25

3. Cultural & Social Awareness (Max: 25 points)

- ☐ I stay informed on world events, science, and culture.
- ☐ I value and seek diverse perspectives.
- ☐ I challenge stereotypes and prejudice.
- ☐ I behave responsibly online.
- ☐ I make ethical and sustainable choices when possible.

Score: ____ / 25

4. Practical Skills (Max: 25 points)

- ☐ I can cook a few solid meals.
- ☐ I manage my money responsibly.
- ☐ I can handle basic home repairs.
- ☐ I understand my tech tools beyond basic use.
- ☐ I know basic first aid.

Score: ____ / 25

5. Health & Well-being (Max: 25 points)

- ☐ I maintain some level of physical fitness.
- ☐ I eat balanced meals most of the time.
- ☐ I keep up with medical checkups.
- ☐ I manage stress in healthy ways.
- ☐ I balance work, rest, and fun.

Score: ____ / 25

6. Relationships & Community (Max: 25 points)

- ☐ I respect consent and equality in relationships.
- ☐ I communicate needs clearly and honestly.
- ☐ I maintain friendships with effort.
- ☐ I give back to my community in some way.
- ☐ I mentor or support others when possible.

Score: ____ / 25

7. Personal Growth (Max: 25 points)

- ☐ I'm always learning new skills or knowledge.
- ☐ I read widely.
- ☐ I travel or explore new experiences when possible.
- ☐ I reflect on past mistakes to improve.
- ☐ I have goals but enjoy the present moment.

Score: ____ / 25

Scoring & Reflection

- **150–175** → Thriving Modern Man: You embody the principles and keep them alive in your life.
 - **120–149** → Strong Foundation: Solid habits with a few areas for growth.
 - **90–119** → Developing: You're aware of what matters but need consistent practice.
 - **Below 90** → Starting Point: Lots of potential — focus on 1–2 areas at a time.
-