

SHIELD OF LIFE™

DISCOVERY TOOL



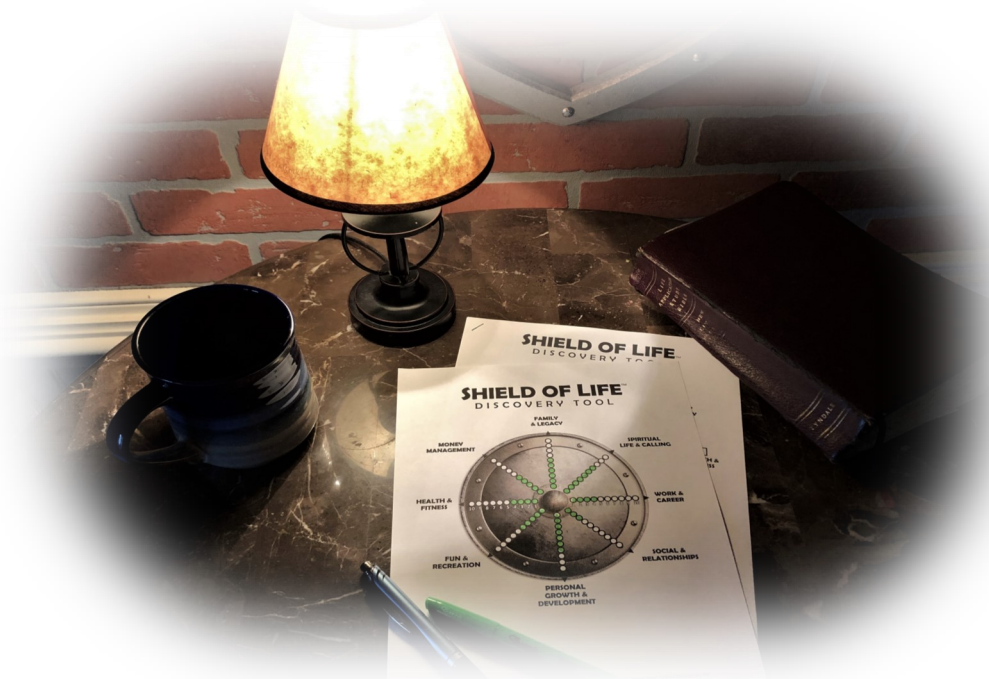
Your Basic Information

First Name

Last Name

Email

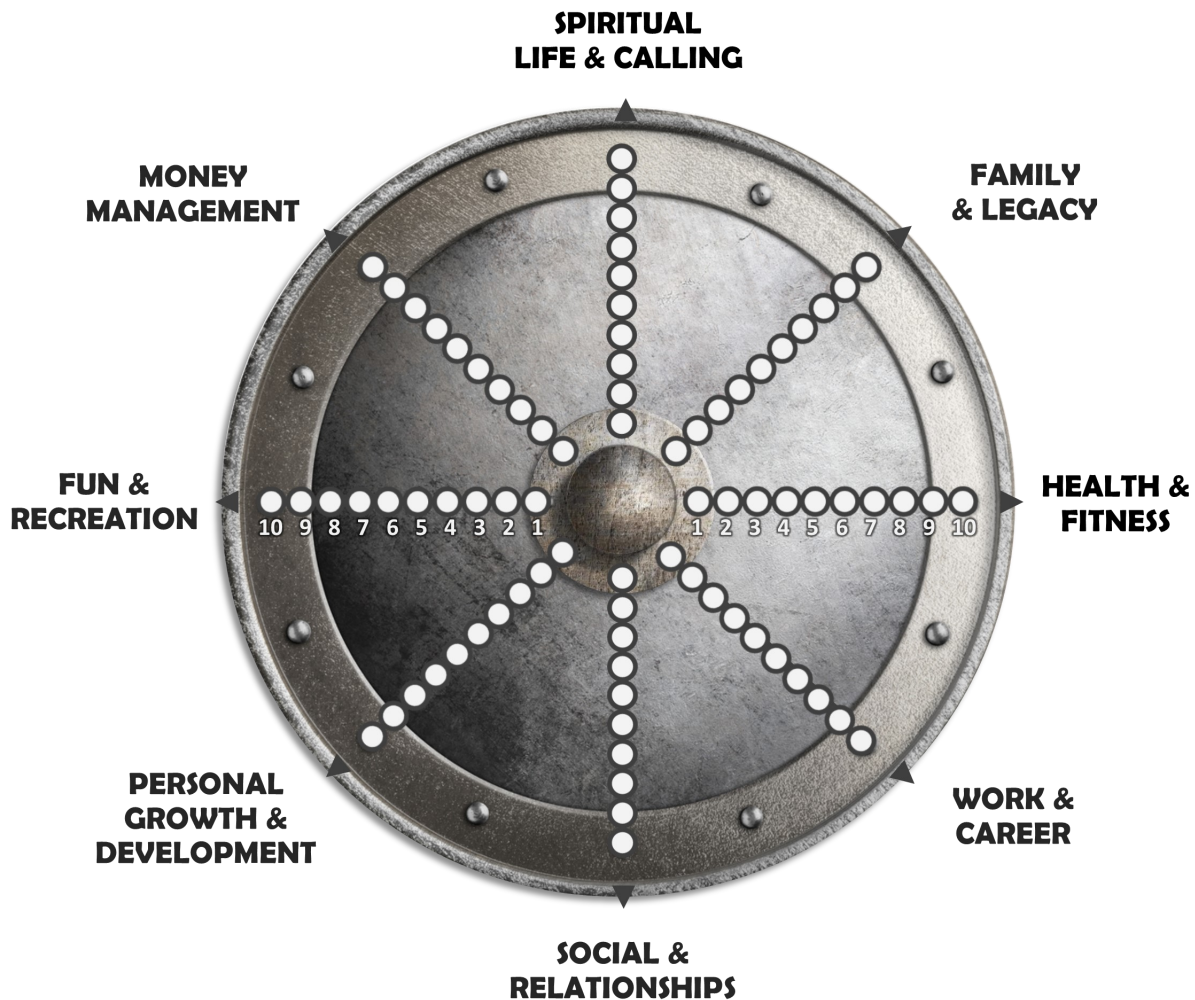
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ARE YOU READY TO GET STARTED?
CONTINUE TO THE NEXT PAGE!

SHIELD OF LIFE™

DISCOVERY TOOL



The Shield of Life Discovery Tool is a simple and yet powerful assessment tool designed to help men take a broad look at the strengths, weaknesses and balance of their lives. The Shield of Life highlights 8 key areas of life that are commonly considered to be the most important to living a balanced and happy life.

If there's a category not listed within the Shield that is important to you and your goals, feel free to add it.

IMPORTANT NOTE: Understand that all growth, progress and victory in your life is not a result of you striving more in your own human wisdom or strength to achieve success. Your victory is totally dependant on the presence, grace and power of God that is alive in you! Be encouraged today and know that God is well able to finish the work He started in you!

CONTINUE TO THE NEXT PAGE!

INSTRUCTIONS:

Review the 8 SHIELD OF LIFE Categories on the shield graph. Take some time to think about what a healthy and balanced life might look like for you as you review each category. Take an honest look at where you believe you're at (on a scale of 1-10) in each category.

Next, fill in the circles across each segment that represents your level and satisfaction for each category.

- Imagine the center of the shield is 0 and the outer edge is 10.
- Choose a value between 1 (very dissatisfied or WEAK) and 10 (fully satisfied or STRONG).
- Now take the number you scored and type it in the box under the title located at the top of each category page.

IMPORTANT: Use the honest number (score) that you believe you are, not the number you think you should be! Don't worry, you will be able to grow in each category!

- Fill in the (YES or NO) answers to the other clarifying questions for each of the 8 category pages.
- Complete each section by writing out some of your important thoughts and comments for each category.
- You should also write down two (2) action steps that you can commit to taking. These small action steps will help you grow stronger in each category.

The goal of the SHIELD OF LIFE Discovery Tool is to highlight not only your strengths, but also the important areas of your life that you may need to work on and improve.

- After you have carefully reviewed all 8 categories you are now ready to select the top 2 categories that you would like to work on to improve.

LIST YOUR TOP 2 AREAS FOR IMPROVEMENT

1.	2.
----	----

Now think about two (2) small changes you believe you can make and commit too from these two (2) categories. The goal is to strengthen the balance and size of your shield. A more well rounded shield is the healthiest and a jagged off-balanced shield is less healthy.

LIST YOUR 2 SMALL CHANGES FOR YOUR TOP 2 AREAS FOR IMPROVEMENT

1.	1.
2.	2.

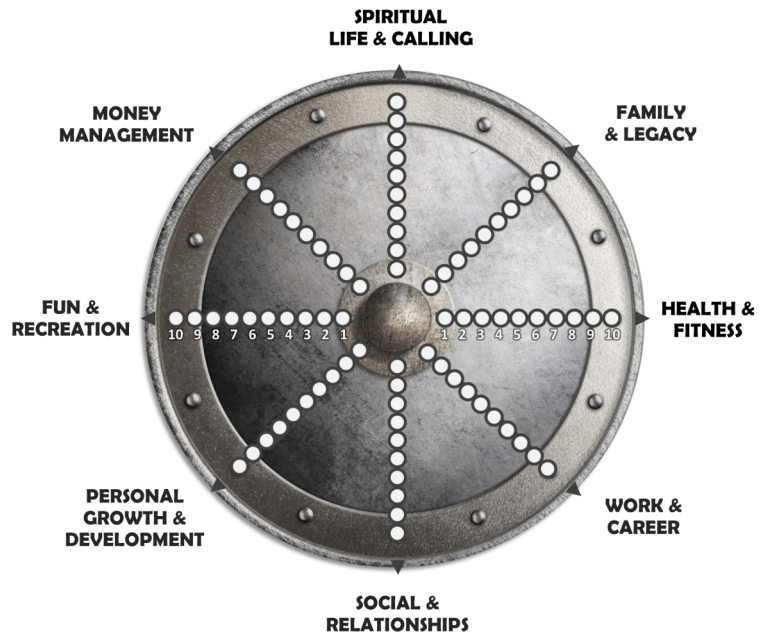
GREAT JOB! CONTINUE TO THE NEXT PAGE!

SPIRITUAL LIFE & CALLING



**How would you rate this
area of your life?**

**RECORD YOUR
SCORE HERE** ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Are you purposefully seeking after God and growing in your relationship with Him?

YES
☐

NO
☐

Do you regularly connect and commune with God by spending quality time in His Word and in prayer?

YES
☐

NO
☐

Do you walk with God in freedom from guilt, shame and/or condemnation?

YES
☐

NO
☐

Do you have a sense of God's plan, purpose or calling for your life?

YES
☐

NO
☐

Do you regularly gather together with other believers for fellowship and worship?

YES
☐

NO
☐

Do you feel strong in the Lord and are you willing and able to confront the challenges and battles you face in your life?

YES
☐

NO
☐

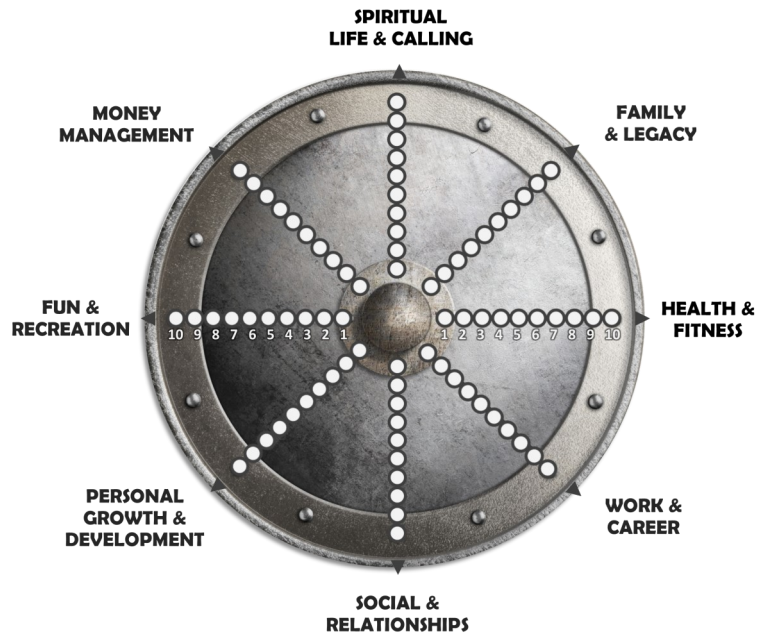
Do you Love the Lord your God with all your heart and with all your soul and with all your mind?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

FAMILY & LEGACY

How would you rate this
area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you feel like you are the spiritual leader of your wife, family and home?

YES
☐

NO
☐

Do you have a strong, growing and healthy relationship with your wife?

YES
☐

NO
☐

Do you spend regular, focused and quality time with your wife?

YES
☐

NO
☐

Do you have a weekly date night with your wife?

YES
☐

NO
☐

Do you spend quality and focused time with your children?

YES
☐

NO
☐

Do you genuinely enjoy spending time with your children and family?

YES
☐

NO
☐

Are you regularly sacrificing your own wants, desires and needs to serve your wife and children in love and with excellence?

YES
☐

NO
☐

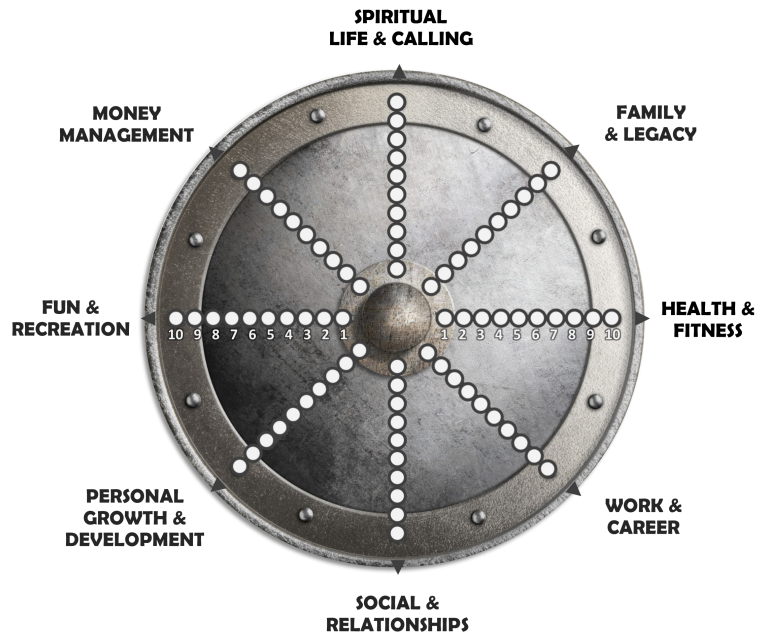
Do you believe you are building a Christian legacy in you children & family?

Take a moment to write some of your thoughts. What two (2) action steps
are you willing to take in order to grow stronger in this area?

HEALTH & FITNESS

How would you rate this area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you feel healthy and strong?

YES
☐

NO
☐

Do you wake in the morning feeling rested and restored?

YES
☐

NO
☐

Do you maintain a healthy diet and lifestyle?

YES
☐

NO
☐

Are you at a normal and healthy body weight?

YES
☐

NO
☐

Do you exercise at least 3 day each week?

YES
☐

NO
☐

Do you often feel exhausted at the end of your work day?

YES
☐

NO
☐

Do you have health challenges that are affecting the quality of your life?

YES
☐

NO
☐

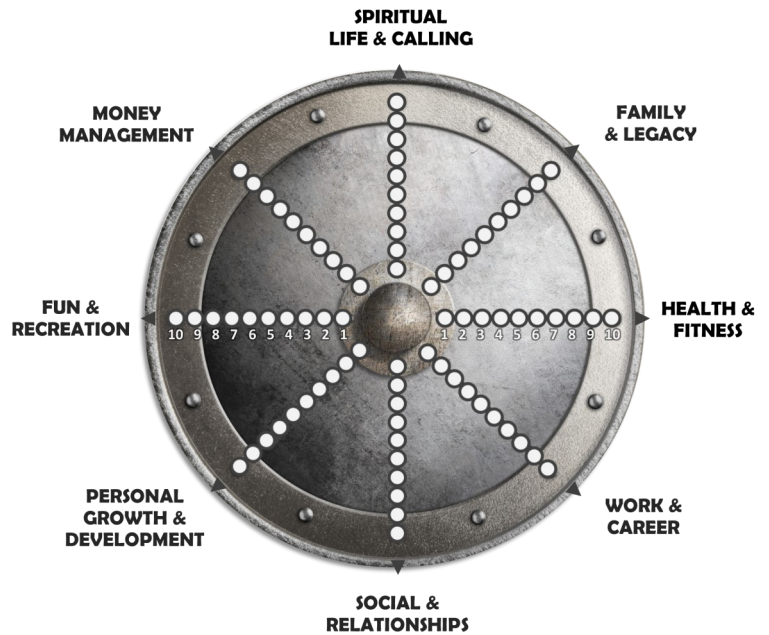
Do you have a yearly physical exam with your doctor (dental & eye exams)?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

WORK & CAREER

How would you rate this
area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you enjoy the work you do?

YES
☐

NO
☐

Do you feel like your gifts, talents and experience are being best utilized in your current job/employment?

YES
☐

NO
☐

Are you growing and advancing in your current job/career?

YES
☐

NO
☐

Do you feel discouraged by your lack of success and growth in your current work/career?

YES
☐

NO
☐

Do you often dream about quitting your job and starting your own business?

YES
☐

NO
☐

If you didn't need the money would you still work at your current job/career?

YES
☐

NO
☐

Will your current job/career provide you with a comfortable and secure retirement?

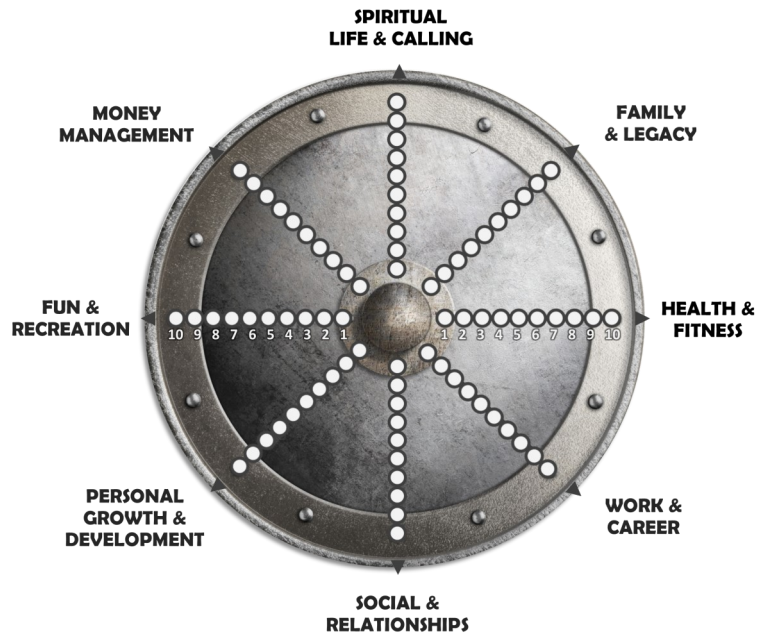
Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

SOCIAL & RELATIONSHIPS



How would you rate this area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you enjoy meeting and socializing with people?

YES
☐

NO
☐

Do you intentionally plan to spend quality time to with your wife, family and friends?

YES
☐

NO
☐

Do you understand the value in building relationships with others? (Mutual support, enjoyment and growth opportunities)

YES
☐

NO
☐

Do you believe you connect well with others?

YES
☐

NO
☐

Do you sometimes feel uncomfortable when meeting new people?

YES
☐

NO
☐

Do you feel like the people in your life understand and support you, your vision and your goals?

YES
☐

NO
☐

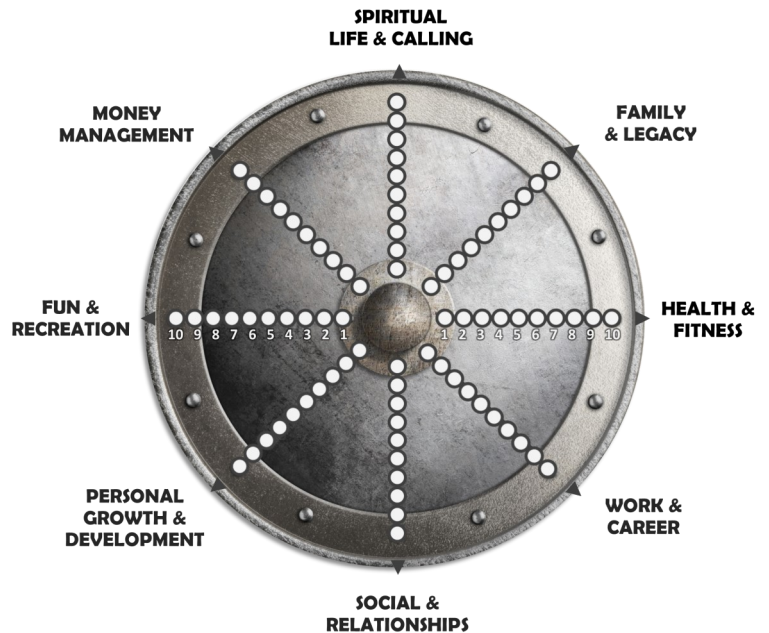
Do you currently have any relationships in your life that are strained or broken?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

PERSONAL GROWTH & DEVELOPMENT

How would you rate this area of your life?

RECORD YOUR SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you feel like you are intentionally and consistently growing as a person?

YES
☐

NO
☐

Are you currently in the process of learning new information and skills that inspire and challenge you to grow?

YES
☐

NO
☐

Do you have a personal vision for your life and a supporting set of goals for becoming the best you possible?

YES
☐

NO
☐

Do you have a coach or mentor in your life that gives you encouragement, honest feedback and keeps you accountable to your goals?

YES
☐

NO
☐

Do you tend to focus more on your weaknesses rather than your strengths?

YES
☐

NO
☐

Are you comfortable asking for help or do you tend to work through your challenges and battles by yourself?

YES
☐

NO
☐

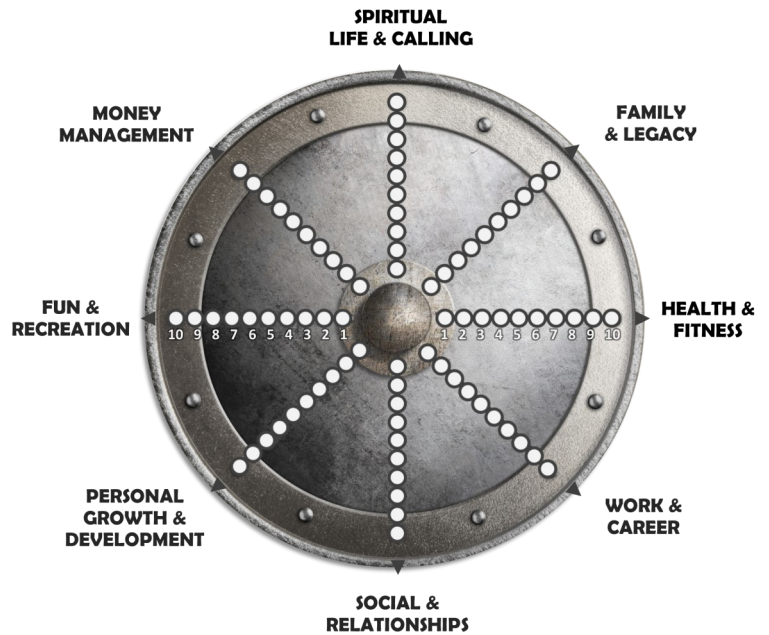
Are you currently training, mentoring or pouring yourself into a family member, friend or colleague?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

FUN & RECREATION

How would you rate this area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you set aside time in your week to intentionally do something fun and enjoyable?

YES
☐

NO
☐

Do you take active steps to “turn off” your focus on work so you can be fully present during regular times of fun and recreation?

YES
☐

NO
☐

Are you able to relax and de-stress on your days off from work or when you are on vacation?

YES
☐

NO
☐

Do you feel guilty or restless when you spend time having fun?

YES
☐

NO
☐

Do you have family or friends that you can call to make plans to do something fun?

YES
☐

NO
☐

Are you open to trying new activities?

YES
☐

NO
☐

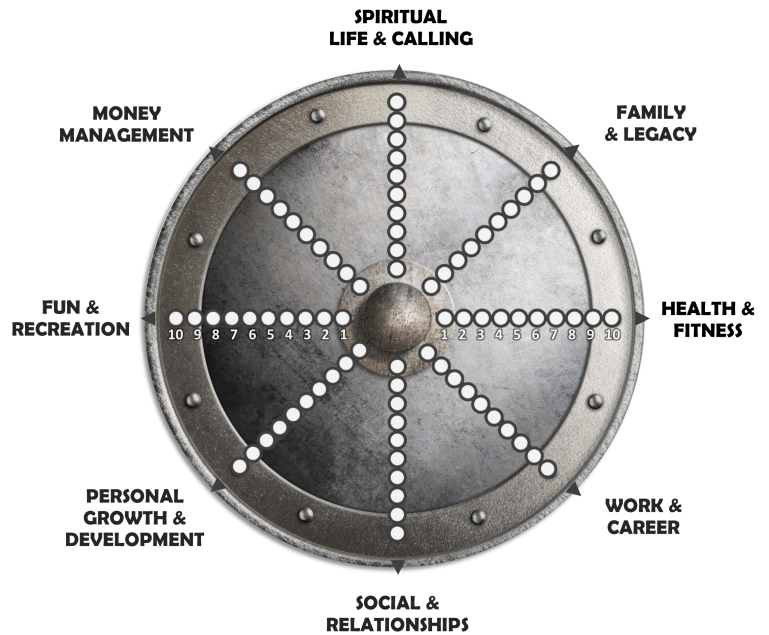
Do you currently have your next vacation planned and on your calendar?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

MONEY MANAGEMENT

How would you rate this area of your life?

RECORD YOUR
SCORE HERE ➡



ANSWER THESE IMPORTANT QUESTIONS

YES
☐

NO
☐

Do you have a basic financial plan that will prepare you for a worry-free retirement?

YES
☐

NO
☐

Are you concerned that your job/career may not provide the income you need to live the life you desire?

YES
☐

NO
☐

Do you have a saving and/or investment account?

YES
☐

NO
☐

Do you have sufficient funds saved that would allow you to weather a crisis that could last six (6) months or more?

YES
☐

NO
☐

Do you regularly give or share a portion of your income with your church or charity?

YES
☐

NO
☐

Is money a topic of conversation that causes disagreement and/or stress in your relationship with your wife?

YES
☐

NO
☐

Do you currently have more debt than you would like to have?

YES
☐

NO
☐

Do you have an active plan to eliminate debt to strengthen your financial future?

Take a moment to write some of your thoughts. What two (2) action steps are you willing to take in order to grow stronger in this area?

SEND THIS DOCUMENT TO ME TODAY

GET FEEDBACK FROM YOUR COACH

When you submit your Shield of Life Discovery Tool, I'll take the time to carefully review it. I'll also put together a concise summery with some powerful action steps you can immediately take to get started on you journey. This is your time to make a bold move! Let's get started!

INSTRUCTIONS FOR SENDING THIS DOCUMENT

1. Complete the Shield of Life Discovery Tool by filling in the open fields (text boxes).
2. After you have finished, right click on the document and save to your desktop.
3. Open your email program and attach the Shield of Life PDF document.
4. Email your completed Shield of Life Discovery Tool to me at: keithjohnson.tlc@gmail.com
5. I will review your Shield of Life Discovery Tool document and get your personalized summery and action steps out to you within 48 hours of receiving your email!



I'm looking forward to connecting with you!

KEITH JOHNSON

Men's Pastor/Coach

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Phone: 678-897-7290

www.MightyMenMinistries.TV

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Thank You!