

THE LIONSTRONG LIFE AUDIT



A practical scorecard for men over 60 who still have fire.

This audit is designed to help you take an honest look at where you stand now - strength, health, confidence, purpose, discipline, relationships, standards, adventure, and protection & readiness.

Not so you can beat yourself up. So you can see clearly and choose the next move.

Name: _____

Date: _____

Start With The Truth

Use this audit slowly. Score each category from 0 to 15 based on where you honestly stand right now. A 15 does not mean perfect. It means this area is strong, active, and under command. A low score does not mean failure. It means this is where attention is needed.

SCORING RULE

Your total score shows the big picture. Your lowest section score shows your next move.

HOW TO SCORE

0-3	This area is mostly off the radar.
4-7	This area is slipping and needs attention.
8-11	This area has some strength, but lacks consistency.
12-15	This area is strong and actively supported.

BEFORE YOU BEGIN

Do not perform. Do not explain it away. Do not answer as the man you used to be. Answer as the man sitting here today.

1. Functional Strength

Your Score
0-15

Your ability to move, lift, carry, climb, get up, recover, and trust your body in real life.

HONEST INVENTORY

Where does your body still feel strong?

Where have you lost capability?

What physical ability do you want back?

WHAT THIS SCORE IS TELLING ME

2. Health & Energy

Your Score

0-15

Your daily energy, sleep, weight, nutrition, recovery, medical follow-through, and general vitality.

HONEST INVENTORY

What is helping your health right now?

What have you been ignoring?

What would improve your energy fastest?

WHAT THIS SCORE IS TELLING ME

3. Confidence

Your Score
0-15

Your belief that you can still act, lead, improve, learn, and make meaningful changes.

HONEST INVENTORY

Where do you still trust yourself?

Where has doubt crept in?

What would make you feel more like yourself again?

WHAT THIS SCORE IS TELLING ME

4. Purpose

Your Score

0-15

Your reason to get up, contribute, lead, build, serve, protect, create, and stay engaged with life.

HONEST INVENTORY

What still matters deeply to you?

Where do you feel underused?

What would give this chapter more meaning?

WHAT THIS SCORE IS TELLING ME

5. Relationships & Brotherhood

Your Score

0-15

Your connection with family, friends, other men, and the people who matter most.

HONEST INVENTORY

Where are your relationships strong?

Where have you withdrawn?

Who needs more of the real you?

WHAT THIS SCORE IS TELLING ME

6. Discipline & Daily Promises

Your Score

0-15

Your ability to keep small promises, build rhythm, and do what needs doing even when mood changes.

HONEST INVENTORY

What daily promises are you keeping?

Where are you negotiating with yourself?

What one promise would change your momentum?

WHAT THIS SCORE IS TELLING ME

7. Personal Standards

Your Score

0-15

The standard you hold for your body, attitude, home, work, habits, appearance, and conduct.

HONEST INVENTORY

Where are your standards still high?

Where have you let things slide?

What standard needs to come back now?

WHAT THIS SCORE IS TELLING ME

8. Adventure & Life Force

Your Score

0-15

Your willingness to explore, challenge yourself, try new things, leave the chair, and stay alive to life.

HONEST INVENTORY

Where do you still feel alive?

Where has life become too small?

What adventure or challenge is calling you back?

WHAT THIS SCORE IS TELLING ME

9. Protection & Readiness

Your Score

0-15

Your awareness, preparation, judgment, and ability to keep yourself and the people you love safe in an increasingly unsafe world.

HONEST INVENTORY

How strong is your situational awareness in everyday life?

How prepared are your home, travel habits, and family plans for an emergency?

What protection skill or readiness gap needs the most attention?

WHAT THIS SCORE IS TELLING ME

Your LionStrong Scorecard

Add each section score. Total possible score: 135.

CATEGORY	SCORE
Functional Strength	_____
Health & Energy	_____
Confidence	_____
Purpose	_____
Relationships & Brotherhood	_____
Discipline & Daily Promises	_____
Personal Standards	_____
Adventure & Life Force	_____
Protection & Readiness	_____

TOTAL SCORE:_____

SCORE INTERPRETATION

108-135: Strong Foundation

You are not starting from zero. You have real strength, discipline, and direction already working. The audit is showing you where to sharpen, not where to panic.

81-107: Solid But Slipping

There is strength here, but some areas have started to drift. Your next move is to identify the lowest-scoring area and rebuild momentum there first.

54-80: Warning Zone

Too many important parts of life are losing ground. This is not failure. It is a signal. Pick one area and start taking back control now.

0-53: Rebuild Required

You need a reset, not another vague intention. Start small, start honestly, and rebuild one promise at a time.

Your First Hunt

Your lowest section score is not a life sentence. It is a signal. That is where your first focused move begins.

WHAT A HUNT MEANS

In LionStrong, a Hunt is a focused personal mission: one clear target, one honest commitment, and one next action you can begin now.

My lowest-scoring area is:

The truth this audit showed me is:

The first area I want to bring back under command is:

One action I can begin now is:

What I need help with on the call is:

What Comes Next

There is more to LionStrong After 60 than this audit.

Inside LionStrong, we work on the real things that decide how strong this next chapter becomes: rebuilding functional strength, improving health, restoring confidence, raising personal standards, creating daily discipline, bringing back adventure, reconnecting with purpose, and becoming more capable at protecting yourself and the people you love.

You also get guidance, field manuals, brotherhood, challenges, and practical direction built for men over 60 who are not interested in pretending they are done.

This audit shows you where you are.

The next step is deciding what you are going to do with what you now know.

You have just done what most men avoid: you told the truth. That matters. Because once a man can see where strength, health, confidence, purpose, discipline, relationships, adventure, personal standards, and protection readiness are slipping, he is no longer guessing. He has a map.

On the LionStrong one-on-one call, we take your audit and turn it into your first Hunt.

In LionStrong, a Hunt is a focused personal mission: one clear target, one honest commitment, and one next action you can begin now.

This is not a lecture. Not a sales pitch. A direct conversation about where you are, what is costing you the most, and what needs to happen next so this chapter of your life does not keep drifting.

BOOK YOUR LIONSTRONG STRATEGY CALL