



The 'ManUltro™ Value Scoresheet', Failure Diagnostic Tool For Men

What Is The 'ManUltro™ Value Scoresheet'?

The 'ManUltro™ Value Scoresheet' is Skochy's own tool he conceived of, and created over the course of many years, to diagnose why after nearly 10 years, he was still nowhere near where he wanted to be in life, as well as why he'd failed at everything.

It was after a conversation with a friend that he decided to share his self-development philosophy with others, and hence the release of this beast of a tool.

On the surface, it looks fairly complicated, and confusing as to how it can help you. But with this guide, **we will walk you through it**, and I can assure you, the revelations you will have about yourself will make it more than worth it.

What Does The Name 'ManUltro™ Value Scoresheet' Actually Mean?

The word 'ManUltro' is our brand name and comes from the joining of TWO words - MAN, since the product is made for men; and ULTRO, which is Latin and has many meanings, such as 'super', 'spontaneous', 'of one's own accord'.

The 'Value' and 'Scoresheet' bits of the name come from the fact this tool is a scoresheet that measures your 'value'. This

will make more sense if you read through the blog articles (listed below in the steps).

How Long Has This Been In Use?

Skochy has been using this tool in various forms for years now. The form you see here is the most up-to-date.

As previously stated, this was never intended for public viewing, so it's been tidied-up appropriately!

If you use the scoresheet as it is now, you'll do fine. If it ever gets updated, you'll be notified promptly.

What Kind Of Results Can I Expect?

The first thing that will happen to you when you use this initially, will be a feeling of upset, disappointment, anger, on realising your pitifully low score. This is normal.

You won't like us at first. This is also normal! That's why we ask you to be prepared for a revelation that you didn't want. But that's what makes this process so powerful, because it's so honest, And you'll soon come to terms with your score, and start looking ahead to fixing it.

This isn't a 'feel-good', touchy-feely self-development tool. It's brutal honesty. And it's the only way you're going to start

Now you have your 'value score', do you want to **see exactly what to do to fix these weak areas and increase your score**, including all the possible elements that you can and **MUST** activate within each virtue to make that happen? To **see the tool Skochy records his progress on daily**, giving you a running score, pinpointing **EXACTLY** the actions you need to execute to increase your individual value points, **read this NOW:**

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being able to move past the issues that led you here in the first place.

Why Does It Work?

The scoresheet is built on Skochy's philosophy, and the premise is that what we have in life relates to who and where we are. You can even rate your *self* out of 10, and it would correlate with the quality of life you have as a man.

So if you were to rate your *self* as a 5 out of 10, then you'd probably find yourself with a quality of life that is the same.

And vice versa. If your life is a 4 out of 10, you'll probably find your *self* at the same. It's that simple.

Understand that this isn't a popular way to look at life, because it seems so cold and uncaring for people's individual situations. But it worked for Skochy, and the more he observed the world, the more it made sense.

Further, the thinking is that our *self* is divided into 4 quadrants, and that each quadrant is further divided into 6 virtues.

Each virtue is then divided into elements that are the activities and actions that can be taken to strengthen the virtue. Each virtue can be rated out of 10, which then

gives you an overall score for the quadrant.

And subsequently, each scored quadrant will then give you an overall, total, 'value score'. *You will not believe how much your value score will mirror your quality of life.*

I guarantee you **this will be the most accurate, honest, and useful self-help exercise you will have ever done.** It will reveal things to yourself that you never before knew.

And that's that. That's how this all came about. Are you ready to **put yourself to the test?**

Let's 'Ave It Then!

Okay, there are a few steps to this process, so I'll walk you through them as we go. Take your time, be honest, and *good luck...*

Step 1: Confirm You Meet The Criteria For This Tool

Now, we don't care *who* uses this tool. BUT, Skochy created it for himself in mind, and with that said, we can only really recommend it be used by the same market that he himself was a part of at the time:

30-65 year-old, ambitious men who have been underachieving for 10+ years, feeling lost and confused as to why.

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So, fair warning, if this isn't you, then I'm not sure how effective this tool will be for you.

Step 2: Read Through The Instructional Blog Posts

Skochy has been writing a series on the blog, **From Zero To Here Five Zeros** called *The ManUltra™ Value System Primer Series*.

To bring yourself up to speed, [head over here right now](#) and read everything we've written from that series. It will help you to understand this philosophy inside-out.

[Click here to read the articles now](#), then come straight back here.

Step 3: It's Time To Man-Score Yourself

Right, here we go. **Go through the mini-assessment that follows.** This is the meat and potatoes of the Value Scoresheet.

It's very simple: follow the instructions for each virtue in the quadrants in turn, and score yourself out of 10 for that virtue as accurate as you can. Write that score in the *Score* column, then move on to the next virtue, and do the same.

Once you've gone through all the virtues from the 4 quadrants, you'll then move on to the next step.

Okay, here it is, Skochy's pride and joy, the 'ManUltra™ Value Scoresheet', finally let out the bag (*sniff, sniff*)...

THE EMOTIONAL QUADRANT

The EMOTIONAL quadrant is the passionate, red, deep-driven quadrant. It's the quadrant with the fire under the belly. It's your deep-seated, most-wanted goals, passions, hobbies and desires (although not sexual desires – that's another quadrant).

Virtue	Instruction	Score
Purpose	How much would you say you truly live for a career/business you truly love?	
Humour	How much do you really laugh, and make others laugh with you?	
Passion	Do you do some wild, crazy, scary things at least once a week?	
Freedom	How much do you feel you live with awe, wonder, and gratitude?	
Creativity	How much do you get lost in creative self-expression?	
Tranquility	How often do you really slow down and withdraw from everything?	

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THE MENTAL QUADRANT

The MENTAL quadrant is the cool-headed, blue, decision-making quadrant. It's the calm-under-pressure, rational member that every team needs. Without the mental quadrant to oversee things, and make the final decisions, the emotional quadrant would see to it that everything ended in chaos.

Virtue	Instruction	Score
Self-Esteem	How much do you love yourself, feeling confident, exuding a love of life?	
Reason	How much rational thought do you give before casting judgment upon anything?	
Integrity	How true are you to yourself and others?	
Communication	How much of a master are you at conveying yourself as a person worth following, as an effective leader?	
Wisdom	How much do you feel you know about the world?	
Resourcefulness	How good are you at maximising all resources available to you in your environment?	

THE PHYSICAL QUADRANT

The PHYSICAL quadrant is the evergreen, green, vehicular quadrant. It's the thing that's going to take you places. It's like a car. You need your car to take you around and drive you to work to earn money to live.

Virtue	Instruction	Score
Vitality	How much boundless energy, vitality and endurance do you have?	
Strength	How much strength, speed, agility and reflexes would you say you have?	
Flexibility	How good is your posture, flexibility and balance?	
Defence	How much would you be able to physically defend yourself and your loved ones when needed?	
Attractiveness	Looks aside, how much do you make the most of your physical appearance, which is, after all, the advert of you?	
Maintenance	How much emphasis do you put on retuning and recharging your body, keeping it in optimal condition?	

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And at this point, that's all you should be looking at your score as: information.

So don't be too upset at your score. Instead, be happy that you finally now know *why you ARE* where you ARE in life. And be thinking of all the opportunities available to you once you start working on increasing your score.

And we want to help with that also.

Next Steps

And there you go. So you've probably worked out by now, that **the higher your value score, the more good things will happen to you in life**, and the better the things you will get.

So your focus from now should be to work on each virtue from every quadrant, and do the things necessary to grow the value of those virtues - *and do it regularly*.

Keep scoring yourself as you go, and notice how as you grow your score, how the life around you grows in unison.

Remember, this is Skochy's baby. He has been using this concept for years to grow from a 3/10 up to the high numbers.

And do yourself a favour. At least for the time being, steer clear of other pithy, feel-good self-help material.

What Now?

Now you have your 'value score', do you want to **see exactly what you need to do to fix these weak areas and increase your score?**

Do you want to **see all the actual elements that make up each virtue, for a much more accurate picture of YOU?** Including things like business acumen, sales skills, money management, sex skills, women, self-confidence, self defence, and LOADS more? Would you like to see how you rate for all of these? Including steps to develop each one?

Would you like to **see the tool Skochy records his progress on daily**, giving you a running score, pinpointing EXACTLY the actions you need to execute to increase your individual value points?

Of course you do!

Sorry, can't help you.

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Lee Holdway (Sales Manager, Skochy Prosperity Investment)

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