

# Self-Leadership Quiz



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Rate each of these statements on a scale of 0 – 5.

0 means you don't **strongly disagree** with the statement.

5 means you **strongly agree** with the statement.

	Strongly agree	Mostly agree	Slightly agree	Slightly disagree	Mostly disagree	Strongly disagree
I take time out for myself to re-create and refresh.	5	4	3	2	1	0
I get to do things I am passionate about.	5	4	3	2	1	0
I know who I am and who I want to become.	5	4	3	2	1	0
I get to use my skills and talents every day.	5	4	3	2	1	0
I feel like the work I do makes a difference.	5	4	3	2	1	0
I get done all the things I want to get done.	5	4	3	2	1	0
I feel "on-track" in achieving my personal and professional goals.	5	4	3	2	1	0
I feel like I make every day count.	5	4	3	2	1	0
I feel a sense of peace and fulfillment in what I do with my life.	5	4	3	2	1	0
Totals (add each column)						
Grand Total (add all totals)						

## Scoring:

40-45	<b>Excellent</b> You are a Master of Self-Leadership who is fully capable of taking responsibility for your choices, actions and the results you create. Dream big and take action!
34-39	<b>Very Good</b> You have what it takes to be a great Self-Leader, but may not always be open to all available options or willing to do all that it takes to succeed.
27-33	<b>Okay</b> You are able to get most things that matter done, but may find it difficult to make the best choices, and may be less than satisfied with your accomplishments.
21-26	<b>Not So Good</b> May find it difficult to stay focused on what actually creates real value. May experience frustration, overwhelm and/or dissatisfaction with your situation.
20 and below	<b>Need Some Help</b> You are likely struggling with accomplishing things that matter, and may be feeling unsure of the best course of action for your life.

Would you like to learn how to raise your self-leadership score?

It's easier than you think. You just have to take the necessary steps to raise your *level of thinking*. Join our newsletter list to learn about upcoming webinars, podcasts, and resources.

Also, don't forget to tune into the next episode of

