

THE UNFILTERED SELF-ASSESSMENT

USE THIS SELF-ASSESSMENT TO GET AN HONEST SNAPSHOT OF WHERE YOU ARE
BEFORE JUMPING INTO A NEW SEASON OF GROWTH, NEW HABITS, OR BIGGER
GOALS.

INSTRUCTIONS: RATE EACH STATEMENT ON A SCALE OF 1 TO 5:

1 = STRONGLY DISAGREE / UNSURE / EXTREMELY LOW

2 = DISAGREE / INCONSISTENT

3 = NEUTRAL / MODERATE

4 = AGREE / CONSISTENT

5 = STRONGLY AGREE / HIGH ALIGNMENT

1. MINDSET, PERSPECTIVE & MENTAL SPACE

CHECKING IN ON YOUR FOCUS, MENTAL CLARITY, AND INTERNAL VOICE.

1

GOAL CLARITY: I KNOW WHAT MY TOP PRIORITIES ARE RIGHT NOW.

____ / 5

2

SELF-AWARENESS: I CATCH MY OWN MENTAL LOOPS, STRESS PATTERNS, AND OLD STORIES WHEN THEY SHOW UP. ____ / 5

3

MENTAL SPACE: I ACTUALLY HAVE THE MENTAL ROOM TO TAKE ON NEW HABITS OR PERSONAL WORK RIGHT NOW WITHOUT FEELING OVERWHELMED. ____ / 5

4

INTERNAL VOICE: MY INNER TALK IS SUPPORTIVE AND HONEST, NOT OVERLY CRITICAL OR HARSH. ____ / 5

2. BODY AWARENESS & DAILY ENERGY

CHECKING IN ON PHYSICAL SIGNALS, STRESS LEVELS, AND OVERALL VITALITY.

1

BODY CONNECTION: I TUNE INTO PHYSICAL CUES (TENSION, FATIGUE, TIGHTNESS) THAT SIGNAL I'M PUSHING TOO HARD. _____ / 5

2

SUSTAINABLE ENERGY: MY ENERGY LEVELS CONSISTENTLY SUPPORT MY NORMAL DAY-TO-DAY RESPONSIBILITIES. _____ / 5

3

STRESS RELIEF: I HAVE REAL WAYS TO CALM MY MIND AND RESET MY NERVOUS SYSTEM WHEN I FEEL OVERWHELMED OR ANXIOUS. _____ / 5

4

REST & RECOVERY: I MAKE TIME FOR REAL SLEEP AND GENUINE REST INSTEAD OF CONSTANTLY PUSHING PAST TIRED. _____ / 5

3. EMOTIONAL PROCESSING & INNER SAFETY

CHECKING IN ON YOUR ABILITY TO FEEL, HANDLE, AND MOVE THROUGH TOUGH EMOTIONS.

1

EMOTIONAL SPACE: I LET MYSELF FEEL UNCOMFORTABLE EMOTIONS WITHOUT IMMEDIATELY TRYING TO HIDE THEM OR RUN AWAY FROM THEM. _____ / 5

2

SELF-COMPASSION: WHEN I MESS UP OR RUN INTO A WALL, I TREAT MYSELF WITH PATIENCE INSTEAD OF GETTING DEFENSIVE OR ASHAMED. _____ / 5

3

RESILIENCE: I CAN NAVIGATE UNEXPECTED STRESS WITHOUT TOTALLY LOSING MY FOOTING. _____ / 5

4

INNER SAFETY: I FEEL STEADY ENOUGH INSIDE TO HANDLE VULNERABILITY, CHANGE, AND PERSONAL GROWTH. _____ / 5

4. BOUNDARIES & SURROUNDING ENVIRONMENT

CHECKING IN ON YOUR RELATIONSHIPS, PERSONAL BOUNDARIES, AND PHYSICAL ENVIRONMENT.

1

CLEAR BOUNDARIES: I CAN SAY WHAT I NEED OR WHERE MY LIMITS ARE WITHOUT CARRYING A TON OF GUILT. _____ / 5

2

SAYING NO: I FEEL COMFORTABLE TURNING DOWN REQUESTS OR HABITS THAT PULL ME AWAY FROM WHAT ACTUALLY MATTERS RIGHT NOW. _____ / 5

3

SUPPORT NETWORK: THE PEOPLE AND ENVIRONMENTS IN MY LIFE LIFT ME UP RATHER THAN DRAIN MY ENERGY. _____ / 5

4

YOUR SPACE: MY HOME AND WORK ENVIRONMENTS FEEL ORDERED ENOUGH TO LET ME FOCUS AND FEEL CALM. _____ / 5

5. OWNERSHIP, CHOICE & ALIGNMENT

CHECKING IN ON PERSONAL RESPONSIBILITY, CORE VALUES, AND DECISION-MAKING.

1

LIVING YOUR VALUES: MY DAY-TO-DAY DECISIONS ACTUALLY MATCH MY VALUES, NOT JUST WHAT OTHERS EXPECT OF ME. _____ / 5

2

PERSONAL OWNERSHIP: I VIEW MYSELF AS THE MAIN DRIVER OF MY LIFE AND TAKE REAL RESPONSIBILITY FOR MY CHOICES. _____ / 5

3

PACING: I SET REALISTIC EXPECTATIONS FOR MYSELF WITHOUT FALLING INTO ALL-OR-NOTHING THINKING. _____ / 5

4

CLARITY IN CHOICES: I MAKE MAJOR DECISIONS FROM A CALM, STEADY PLACE RATHER THAN OUT OF PANIC, GUILT, OR RUSH. _____ / 5

6. ACTION, SYSTEMS & FOLLOW-THROUGH

CHECKING IN ON HOW WELL YOU TURN INSIGHTS INTO REAL-LIFE HABITS.

1

PUTTING INSIGHTS TO WORK: I REGULARLY TAKE WHAT I LEARN AND TURN IT INTO SIMPLE, PRACTICAL STEPS IN MY DAILY LIFE. _____ / 5

2

SIMPLE SYSTEMS: I USE BASIC, RELIABLE TOOLS (NOTEBOOKS, CALENDARS, APPS) TO KEEP TRACK OF MY HABITS AND COMMITMENTS. _____ / 5

3

PROCESSING TIME: I GIVE MYSELF TIME TO ABSORB LIFE LESSONS BEFORE JUMPING RIGHT INTO THE NEXT THING. _____ / 5

4

FLEXIBILITY: I STICK TO MY KEY ROUTINES WHILE STAYING FLEXIBLE WHEN LIFE THROWS A CURVEBALL. _____ / 5

PART 2

PART 2: SCORING & REFLECTION

DOMAIN TOTALS

ADD UP YOUR SCORES FOR EACH SECTION (MAXIMUM 20 POINTS PER SECTION):

MINDSET & MENTAL SPACE:	_____ / 20
BODY & ENERGY:	_____ / 20
EMOTIONAL PROCESSING:	_____ / 20
BOUNDARIES & ENVIRONMENT:	_____ / 20
OWNERSHIP & ALIGNMENT:	_____ / 20
ACTION & SYSTEMS:	_____ / 20
TOTAL SCORE:	_____ / 120

WHERE YOU STAND

100 – 120 (READY FOR EXPANSION):

YOU ARE IN A GROUNDED, STEADY PLACE TO TAKE ON NEW PROJECTS, BUILD DEEPER HABITS, OR EXPAND YOUR FOCUS.

70 – 99 (A FEW TWEAKABLE AREAS):

YOU HAVE A GOOD BASE, BUT 1 OR 2 AREAS MIGHT NEED A BIT OF ATTENTION FIRST. GIVE THOSE SPOTS SOME EXTRA SUPPORT BEFORE ADDING HUGE NEW COMMITMENTS.

BELOW 70 (TIME TO REST & RESET):

YOUR ENERGY IS BEST SPENT ON MAINTENANCE AND RECOVERY RIGHT NOW. FOCUS ON REST, REGULATING YOUR NERVOUS SYSTEM, AND PROTECTING YOUR TIME BEFORE TAKING ON ANYTHING NEW.

REFLECTION QUESTIONS

1

WHICH AREA SCORED THE LOWEST, AND WHAT IS GOING ON THERE RIGHT NOW?

2

WHAT IS ONE SMALL CHANGE OR BOUNDARY YOU CAN PUT IN PLACE THIS WEEK TO BRING A LITTLE MORE EASE TO THAT AREA?

3

WHICH AREA FEELS THE STRONGEST, AND HOW CAN YOU RELY ON THAT STRENGTH RIGHT NOW?
