

LEADERSHIP BY DESIGN ASSESSMENT

DIRECTIONS

There are no right or wrong answers. Give a rating for each statement on a scale of 1 to 5, where 5 corresponds to 'very true' and 1 corresponds to 'rarely true'.

VISION. PLAN. BUILD.

1. I have short term and strategic visions for my life and business. ____
2. It is easy for me to determine what information or skills I need and then go obtain it. ____
3. It is easy for me to take in new information and apply it to my life/ business, reaping relatively immediate and tangible results. ____
4. My life/business is moving forward and trending upward at a pace that I am pleased with. Life is moving forward how I envision it can and should. ____
5. I feel confident that I can achieve what I want to in life/business. ____
6. I am up to the challenges that life/business presents. ____
7. I am current with my life and business affairs: finances, taxes, home maintenance, wills, health, income, retirement. ____
8. My overall emotional experience of my life/business is contentment and satisfaction. ____

Total _____ out of 40

EMPOWERMENT – IN BUSINESS OR CAREER

1. I have healthy work/life balance. ____
2. I have energy reserves at the end of the work day and have a life outside of work. ____
3. My voice is heard; people pay attention to what I have to say. ____
4. I can express my thoughts. ____
5. I can state my position and stand my ground. ____
6. I am in action towards my business/career goals. I work my business/career consistently. ____
7. I delegate to my team and/or gather the support I need. ____
8. I deal with conflict in a timely and clean manner. ____
9. I trust myself and those I work with. ____
10. I am in my profession by choice; I have not 'settled for' in order to make an income. ____

Total _____ out of 50

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EMPOWERMENT – IN LIFE

1. I consistently advocate for my own needs and wants; I consistently receive what I need. ____
2. The majority of my relationships are reciprocal; there is a balance between giving and receiving. ____
3. I have healthy boundaries in all areas of my life: personal well-being, family, parents, children, friends, work, neighbors, volunteering, career. ____
4. I do not “dim my light” or play small. My family, friends, work get “all of me” all the time. ____
5. I am able to say “no”, and do say “no.” ____
6. I consistently make requests to others; and make demands as needed. ____
7. I do NOT experience much frustration, resentment or resignation in my daily life. I do NOT hear myself making complaints as I share what is going on with friends. ____
8. I am transparent in my conversations with others. ____
9. I trust myself. ____

Total ____ out of 45

UNCONDITIONALLY EMBRACE MYSELF

1. I am proud of who I am. ____
2. I like myself. ____
3. I understand what I need to function day to day and give it to myself. ____
4. I consistently make great decisions. ____
5. I give myself the time and space I need to honor my own processes. ____
6. I remain myself all the time: when I am in huge crowds and when I am by myself. ____
7. If I do experience guilt or shame, it is fleeting and does not interrupt my flow of life. ____
8. I see my strengths clearly. I can own them. ____
9. I do not relate to those things I am not ‘good’ at as flaws or faults. ____
10. I value my uniqueness. I see it as my gift to others. ____
11. My sense of self-worth remains constant and is not dependent on specific people, opinions or events.

Total ____ out of 55

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QUESTIONS FOR REFLECTION

1. In what area do I have the highest score?
2. In what ways does this strength(s) show up in my daily personal and professional life?
3. In what areas do I have the lowest score?
4. In what ways does this gap impact my daily personal and professional life?
5. If/when I can score yourself higher in this area, what will be the positive impact on my personal and professional life?

If you find the approach of this assessment intriguing, please contact me. I am more than happy to sit down and talk with you about your interests and needs. I promise to answer all of your questions and we can take a brief look at your Human Design so you can experience how powerful it can be to understand yourself from this perspective.

I work with people locally out of my office in the Marston Center in Lacey, or via conference call or Skype worldwide. You can contact me in a variety of ways:

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I look forward to speaking with you. Cathy