

# LEADER IN YOU PERSONAL ASSESSMENT

**My 2017 Theme:** \_\_\_\_\_

This year, we're going to start by inviting you to think big. To think about what it means for you to live a life that you're proud of and one that fulfills your sense of what's important in your world. This is your opportunity to imagine, without limitations, the future that you plan to create—a future that can take you from Overwhelmed to Outstanding.

Spend a few minutes thinking about the following areas of your life, and if there are other areas you want to address be sure to add them at the end. Write some notes about what a 10 (your highest aspiration) looks like, feels like, and lives like for each of the areas central to moving from Overwhelmed to Outstanding.

We'll ask you to come back to these pages from time to time throughout the year to add, tweak, and affirm your vision as it evolves. The more you circle back on your original vision and modify it as you're expanding your ideas, the more clarity that you'll have about the future you want to create.

We focused on the 5 areas that are critical to moving from Overwhelmed to Outstanding: your Self, your Systems, your Spirit, your Communication, and your Leadership.

**If my Self (my personal growth, intellectual stimulation, and health/well being) is at a 10, I will look, feel, and live like this:**

**If my Systems (my satisfaction in my work, connection with family/relationships, and sense of community) are at a 10, they will look, feel, and live like this:**

**If my Spirit (my sense of meaning and purpose, time in reflection or spiritual practice, and feeling that I matter in the world) is at a 10, it will look, feel, and live like this:**

**If my Communication (my ability to articulate my thoughts, listen deeply, and stay in dialogue through times of difference) is at a 10, it will look, feel, and live like this:**

If my Leadership (my willingness to influence my world, my willingness to be influenced by it, and my ability to inspire) is at a 10, it will look, feel, and live like this:

Other: If my \_\_\_\_\_ is at a 10, it will look, feel, and live like this:

Now that you've described your life at a 10 in these areas, on the wheel below, draw a line indicating where you would rate your *current* life in these areas. Use a scale of 1-10, with 1 being totally unsatisfied and 10 being completely satisfied/your highest aspiration (as you just described):



*Example:* If you have much growth to do around Articulating your Thoughts under Communication, you might say it was a "3" and draw a line in the communication section at the 3 level. Do this for each area of the wheel.

We would be surprised if you rated all aspects of your life on this wheel at a 10. Most of us have a number of areas where the gap between what we want our lives to look like and how they actually look is considerable. That's what we're here to support you in changing!

Using your wheel, identify the top 2-3 areas you want to most focus on in the upcoming year to move from Overwhelmed to Outstanding.

You matter. For you to matter, it's important you know what matters to you. Take this step and get started!