

Life Leadership (10Ps) Assessment

I created the Life Leadership Assessment so you can see how you're doing in 10 key areas of your life: Parent, Partner, Physical, Passion, Profession, Pay, Personal Development, Psychological and Purpose.

This exercise helps you identify where you are leading in your life (feeling empowered and proactive) and where life is leading you (you feel disempowered and reactive).

Life Leadership Assessment Areas

Area	Measurement
Parent	<i>Score yourself in relation to the role you play in your children's lives. (If you've yet to have children, you can still score yourself as if you did have children.)</i>
Partner	<i>Score yourself on the relationship you have with your partner or spouse.</i>
Physical	<i>Score yourself in relation to how you look after yourself physically.</i>
Passion	<i>Score yourself in relation to how aware you are of the things that drive you in life and give you energy when you think/do them.</i>
Profession	<i>Score yourself in relation to your professional life, vocation, career.</i>
Pay	<i>Score yourself in relation to what your personal financial situation is.</i>
Personal Development	<i>Score yourself in relation to how you look to develop yourself personally and professionally.</i>
Play	<i>Score yourself in relation to how much fun you have in your life day to day, pastimes, hobbies, social fun with friends and family.</i>
Psychological	<i>Score yourself in relation to how you look after your mindset and psychological state.</i>
Purpose	<i>Score yourself on how well defined your overall purpose is.</i>

Life Leadership Assessment Questions

Parent: *Score yourself in relation to the role you play in your children's lives. (If you've yet to have children, you can still score yourself as if you did have children.)*

- 1 I leave most of the parenting to my partner. It's something I find hard to do with everything else on my plate.
- 2
- 3 I try to spend time with my children whenever I can. But most of the time, my work takes the priority.
- 4
- 5 Becoming a parent was the best thing that ever happened to me. I love spending time with my children and make sure I prioritise them over everything else.

Partner: *Score yourself on the relationship you have with your partner or spouse.*

- 1 We get along as well as can be expected. We're both busy with our own things. Our relationship could be better.
- 2
- 3 We try the "date night" thing every once in a while, but it's easy to get out of the habit.
- 4
- 5 My partner means the world to me. I couldn't imagine my life without them. We are soul mates.

Physical: *Score yourself in relation to how you look after yourself physically.*

- 1 I really need to get back to exercising. And it wouldn't hurt to watch my diet a bit more as well. I feel low in energy and don't like the way I look.
- 2
- 3 When I step on the scale, I do a better job of eating healthy and exercising. But I can get off track quickly.
- 4
- 5 I make sure that my health is something I always pay attention to and regularly exercise and eat healthy foods.

Passion: *Score yourself in relation to how aware you are of the things that drive you in life and give you energy when you think/do them.*

- 1 Passion is for other people. I need to just keep my head down and keep working.
- 2
- 3 There are some things I enjoy doing. But either I don't do them enough or it's nothing that would pay the bills.
- 4
- 5 I have several things in my life that I'm passionate about. They energize me and I get really excited thinking about them. I've even crafted my professional life around them so I have complete alignment and love what I do.

Profession: *Score yourself in relation to your professional life, vocation, career.*

- 1 What I do pays the bills. I don't like it, but I have to do the work to get paid.
- 2
- 3 My career is okay. I don't hate it. I wonder what it would be like to have a career I really enjoy.
- 4
- 5 I love my career because it's aligned to what I enjoy doing. I get out of bed every morning ready to get started. I feel very fortunate to do what I love and love what I do.

Pay: *Score yourself in relation to what your personal financial situation is.*

- 1 My income doesn't pay nearly enough for the work I do. I'm always counting the pennies, and there never seems to be enough.
- 2
- 3 My income generally covers my expenses, though I don't track my money as well as I should.
- 4
- 5 I don't have any concerns in relation to money because I generate a healthy income and manage my money well.

Personal Development: *Score yourself in relation to how you look to develop yourself personally and professionally.*

- 1 I don't look inside myself too often because I find it uncomfortable. I don't have the interest or time for personal development.
- 2
- 3 Every once in a while, I'll find a book or topic that seems to offer a solution. But I often don't know how to implement what I've learned.
- 4
- 5 Learning about myself and what I need in my life is very important to me. I love nothing more than doing deep work, learning from others, and raising my awareness about how I can grow as a person.

Play: *Score yourself in relation to how much fun you have in your life day to day, pastimes, hobbies, social fun with friends.*

- 1 Who has free time to play? I'm always behind on work. Play never made anyone successful.
- 2
- 3 I do enjoy the occasional night out with friends or family. It doesn't happen very consistently, however.
- 4
- 5 Spending time completely away from work and responsibilities is necessary for me to stay healthy. I regularly schedule time with friends to have fun. I have a clear idea of my hobbies and regularly prioritise time to undertake them.

Psychological: *Score yourself in relation to how you look after your mindset and psychological state.*

- 1 There's not much I can do to change how my life is. I just have to keep trying. I don't buy into any of this kind of stuff.
- 2
- 3 When I take the time to think about my mindset, it's something I feel I can adjust. But I don't do it that often.
- 4
- 5 I know that I can do whatever I set my mind to. The future is what I make of it. I take time out to work on my mindfulness through various practices and am open to see how I can improve my mindset and attitude daily.

Purpose: *Score yourself on how well defined your overall purpose is.*

- 1 My purpose is to make money to pay the bills. That drives the choices I make.
- 2
- 3 I get the concept of an overall purpose, but I really don't see how that applies to me.
- 4
- 5 Through deep inner work, I have defined my purpose and created my life so that I can fulfill that purpose.

Scoring the Life Leadership Assessment

For each question, you gain the number of points of your answer. For example, if you chose Answer 1, give yourself one point. If you chose Answer 4, give yourself four points. Add up your points for all ten questions.

My Total Score: _____

If you scored between 10 and 19 points:

Lost

You need to get your mojo back. You are operating in a trance and being lead by life. You really don't know where you're going with your life. It's time to figure out what you really want and create a plan to get there.

If you scored between 20 and 31 points:

Following

Your mojo shows signs of being alive all too rarely. There are some areas where you're leading your life, but there is much to improve. It would be helpful for you to prioritize which domains you want to work on first. What makes most sense for you right now?

If you scored between 32 and 41 points:

Developing

You're getting there. Your mojo is starting to ramp up. You're on the right track in leading your life. In which domain did you score the lowest? What could you do to make progress in that area right now?

If you scored between 42 to 50 points:

Leading A Purposeful Life

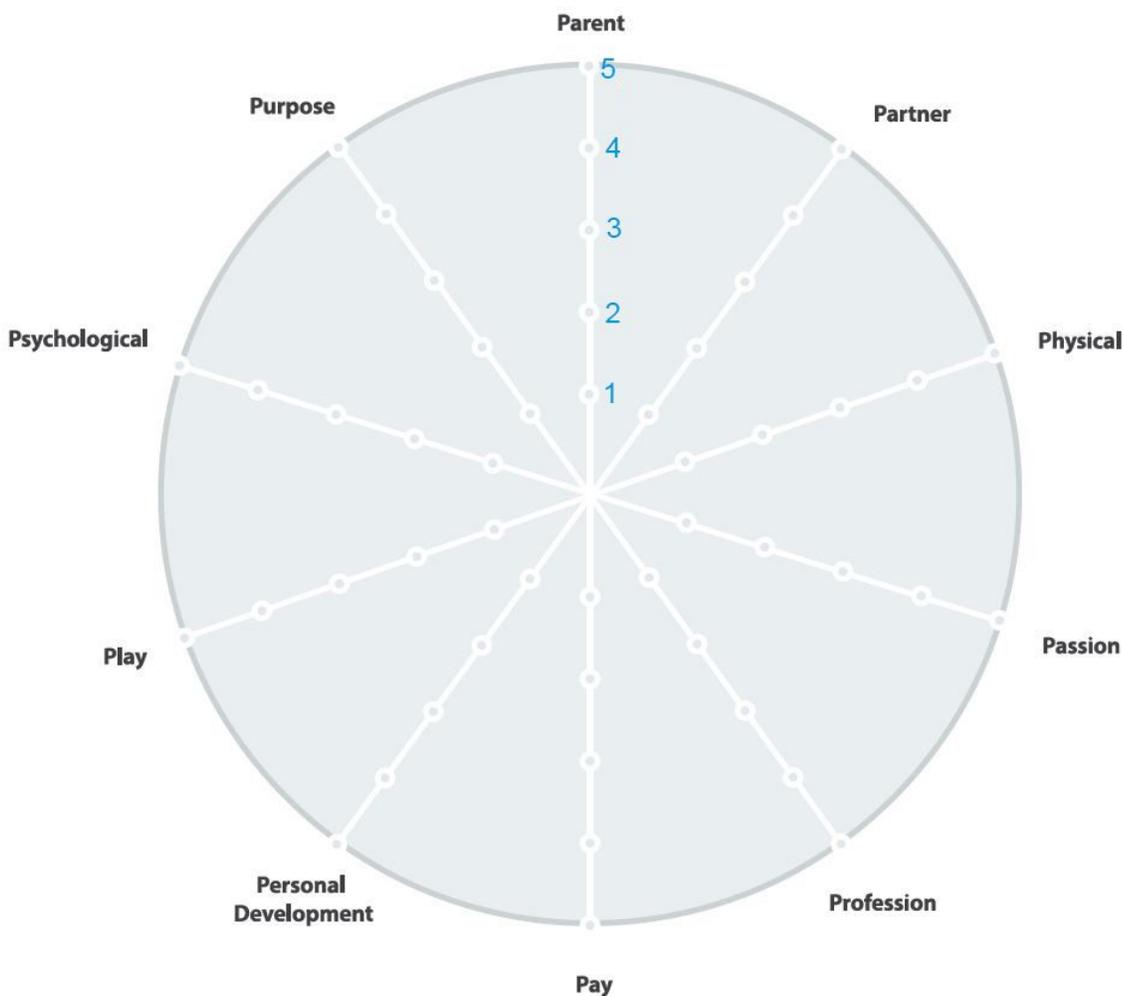
Congratulations! You are leading a great life, and your mojo is in full swing! Chances are you have a lot of healthy habits; how will you sustain them and keep on improving if things get tough for you?

Plot Your Scores On The Life Leadership Assessment Wheel

Use the results of each question to plot your point on the wheel. For each question, you gain the number of points of your answer.

For example, if you chose Answer 1 for one of the ten sections, give yourself one point on the relevant spoke on the wheel. If you chose Answer 4 for a section, give yourself four points.

Once you have plotted the scores from your ten questions on the corresponding spoke on the wheel below, join all the dots up. The aim is to see how 'balanced' your life is: to spot where you have your life empowered AND look for opportunities on your wheel where improvements could be made.



For more information, please visit my website:

www.beyond-your-limits.com

Make sure you sign up for [my weekly newsletter](#) and receive useful information each week about how you can create a life you love leading -- delivered straight to your inbox!

Stay connected with me:

Email: david@beyond-your-limits.com

LinkedIn: <https://www.linkedin.com/in/davidbbfoster/>

YouTube: <https://www.youtube.com/channel/UCJrOtryjVyrkumEXbWXquGw/videos>

Do you have a friend who might find this Assessment helpful? Please feel free to pass it along!