

10. I make a meaningful contribution every day.

1    2    3    4    5    6    7    8    9    10

#### Time

11. I have plenty of time for people, activities, and events that are most important to me.

1    2    3    4    5    6    7    8    9    10

12. I take regular action toward my most important goals—not just what's most pressing.

1    2    3    4    5    6    7    8    9    10

#### Team

13. I have a wide network of people who support me, and whom I support in return.

1    2    3    4    5    6    7    8    9    10

#### Learning

14. I am constantly learning and improving myself.

1    2    3    4    5    6    7    8    9    10

#### Possibility

15. I intuitively recognize and take opportunities.

1    2    3    4    5    6    7    8    9    10

16. I am often astounded by the way the opportunities I want and the solutions I need present themselves at just the right moment.

1    2    3    4    5    6    7    8    9    10

#### Alignment and Integration

17. I achieve a sense of renewal and restoration on a daily basis.

1    2    3    4    5    6    7    8    9    10

18. I am proud of my ability to maintain my values and the essence of who I am, even when life gets hectic and/or as I get more and more responsibility.

1    2    3    4    5    6    7    8    9    10

#### Success with Quality of Life

19. I have achieved success as I define it.

1    2    3    4    5    6    7    8    9    10

20. I can say with confidence that every day I am at my very best.

1    2    3    4    5    6    7    8    9    10

## YOUR INNER EDGE: A SELF-ASSESSMENT

### ARE YOU PRACTICING PERSONAL LEADERSHIP?

This survey will give you a sense of where you are just living your life and where you are actually leading it. Ask yourself to what extent you agree with each statement. Mark the corresponding number and give yourself an average score. Be sure to actually mark up your survey so you can revisit it later. A blank survey is available on the website, [www.theinneredge.com](http://www.theinneredge.com), for you to download anytime. Check in again every six to eight weeks. Is your score improving?

Strongly Disagree

Agree

Strongly Agree

#### Clarity

1. I am clear on what I want and know how to get it—for the big things and the small.

1    2    3    4    5    6    7    8    9    10

2. I practice a strategic, reflective approach to leadership.

1    2    3    4    5    6    7    8    9    10

#### Focus

3. I know where to focus my attention on a daily basis.

1    2    3    4    5    6    7    8    9    10

#### Action

4. I am able to maintain peak performance at all times.

1    2    3    4    5    6    7    8    9    10

5. I maintain my sense of stability and equilibrium in times of change.

1    2    3    4    5    6    7    8    9    10

#### Brilliance

6. I have identified my talents, strengths, skills, and weaknesses.

1    2    3    4    5    6    7    8    9    10

7. I know how to maximize and leverage my unique talents and abilities.

1    2    3    4    5    6    7    8    9    10

#### Fulfillment

8. I am delighted with my quality of life both on and off the job.

1    2    3    4    5    6    7    8    9    10

9. I feel very little stress in my life. I am not overwhelmed.

1    2    3    4    5    6    7    8    9    10