

The Master Leader Assessment

Name: _____

Date: _____

Rate the Following on a scale of 1-5

1- *Not True*

2- *Somewhat true*

3- *Often True*

4 – *Mostly True*

5- *Very True*

	1	2	3	4	5
Stress Resilience:					
I manage stress well					
I am can remain outwardly and inwardly calm and focused in difficult situations					
I rarely feel frustration					
I am not bothered by headaches, muscle tension or gastric problems					
I am not bothered by anxiety or excessive worry					
I am healthy and have few medical conditions					
Healthy Lifestyle					
I drink alcoholic beverages occasionally or not at all					
I do not smoke cigarettes					
I exercise at least 3 times per week					
My diet is healthy					
I am neither over or under weight					
Self Awareness:					
It is relatively easy for me to express my thoughts and feelings effectively					
I am aware of my moods and their effect on my communications with others					
I am able to express intimate feelings					
I understand my feelings					
In emotionally charged situations I am able to stay focused even when feeling strong emotions					
Optimism:					
I believe I can be effective in tough circumstances					

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I generally believe things will turn out all right even in the midst of setbacks					
Currently I am optimistic about outcomes in both my personal and business life					
I feel confident most of the time					
When things look bleak, I find I am still motivated by the challenge					
My outlook is positive and I don't feel demoralized by negative events					
Interpersonal Relationships:					
My family and friends find me open and affectionate					
My close relationships are very important to me					
I am able to stay in touch with friends					
I get along well with others					
It is not difficult to share my feelings with others					
Attentional Focus:					
I am able to control my anger					
I am able to stay on task during the day					
Critical issues do not prevent me from achieving daily priorities					
I can balance short term objectives with long term goals					
Conflicts rarely prevent me from focusing on the job at hand					
Self-Actualization					
My life is purposeful and meaningful					
I get enjoyment from both my personal and professional life					
In the past few years I have accomplished a lot in my career and home life					
I am able to utilize my unique strengths and skills in the workplace frequently					
I am excited about the things that interest me					
I often feel inspired					
Problem Solving					
I overcome difficulties by breaking things down step by step					
I get an overview of a problem before trying to solve it					

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When approaching a problem I am able to focus on each possibility before deciding on the best direction to take					
I rarely get stuck when trying to solve problems					
I am able to distinguish between a quick response to problem and a accurate response					
I am able to brainstorm problems effectively with a team of people					
Social Responsibility					
People find it easily to depend on me					
I take the effects of my decision making on others in consideration often					
I am sensitive to the needs of others at home and in the workplace					
I am aware of the impact of my business decisions on society					
Self-Regard					
I am comfortable with my appearance					
I am happy with the type of person that I am					
I find I am confident in most situations					
My actions lead to self respect					
When identifying my good points and my bad points , over all I feel good about myself					
I have a strong ability to convey integrity					
Positive Attitude:					
I enjoy life					
I find it easy to smile					
I am able to make others comfortable in my presence					
Overall I am satisfied with my personal life					
Overall I am satisfied with my professional life					
I often feel at peace					
	1	2	3	4	5
TOTAL the Ratings below					
Count the total checks in each column					

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SCORE CARD

Give yourself 1 point times the total in the 1 Column _____

Give yourself 2 points times the total in the 2 Column _____

Give yourself 3 points times the total in the 3 Column _____

Give yourself 4 points times the total in the 4 Column _____

Give yourself 5 Points times the total in the 5 Column _____

TOTAL SCORE (add above) _____

If you scored between and 61 and 122. you are at Level One of the Master Shift Program

If you scored between 123 and 183 you are at Level Two of the Master Shift Program

If you scored between 184 and 244 you are at Level Three of the Master Shift Program

If you scored more than 245 points you are at Level Four of the Master Shift Program