



LEADERSHIP HEALTH CHECK

Rank yourself 1-10 (10 being the highest level of leadership health) on each of these statements.

1. I am secure, not insecure, in my ability to lead people, teams, programs, or organizations to accomplish our goals. 1-10 _____
2. My personal life is healthy and allows me to be fully present and productive in accomplishing my objectives and goals. 1-10 _____
3. I am emotionally intelligent and have acclimated to leadership by learning how to lead people in complex situations. 1-10 _____
4. I am consistent in my leadership and not prone to rash emotions or using fear and manipulation to lead others. 1-10 _____
5. I know where I am going and what I am responsible for and feel the freedom and courage to lead at higher levels. 1-10 _____
6. I am fit to lead, physically, mentally, and emotionally. 1-10 _____

Now, add your scores and divide by six. A score of 7 and above would highlight that you believe you are in a healthy season. A score of 5 and under would mean that there are real issues happening in your life and that you need some help to get healthy enough to continue moving forward. Lastly, if you are between 5 and 7 then there are some flags that need to be addressed, as you could easily move up or down based on some circumstances in your life. 100% is the goal.