WORKSHEET 1

Personal Leadership Assessment

Our Personal Leadership Is a Function of Energy

"Search me, God, and know my heart; test me and know my anxious thoughts."
— Psalm 139:23

Energy is a function of five variables:

IDENTITY + THOUGHTS + EMOTIONS + PHYSIOLOGY + ENVIRONMENT

Score each area honestly from 1 to 10. Low scores are not failure; they show leverage. The hope for today: that every one of us leaves with the tools to lead ourselves in any room, in any conversation, in any situation.

IDENTITY

SCORE

I lead in alignment with who I say I am.

1 to 3: my role often feels like a performance, and pressure decides who shows up. 4 to 6: aligned when things are calm; I slip when it gets hard. 7 to 10: the same steady person shows up under pressure as in peace.

_____
1 to 10

THOUGHTS

SCORE

I manage my thinking under pressure.

1 to 3: my thoughts run me; I spiral, rehearse, and assume. 4 to 6: I catch some stories, but often after the damage. 7 to 10: I notice a thought, test it against fact, and choose my response.

_____
1 to 10

EMOTIONS

SCORE

I process emotions rather than override them.

1 to 3: I push feelings down until they leak out sideways. 4 to 6: I can name what I feel but rarely make room for it. 7 to 10: I recognize, attribute, and process emotion in a healthy rhythm.

_____
1 to 10

PHYSIOLOGY

SCORE

Sleep, movement, nourishment, and recovery support me.

1 to 3: running on empty; my body is paying for my pace. 4 to 6: some habits hold, but recovery is the first thing I sacrifice. 7 to 10: my body is resourced enough to carry my calling.

_____
1 to 10

ENVIRONMENT

My boundaries, pace, expectations, and surroundings serve me.

1 to 3: my environment drains me; unclear expectations and no margin. 4 to 6: some boundaries hold, others collapse under demand. 7 to 10: my spaces, schedule, and supports are built on purpose.

SCORE

_____

1 to 10

Reflection

The variable currently limiting my energy the most is:

If strengthened, my leadership would feel: (circle one or add your own)

Clearer Calmer More Confident More Sustainable Less Heavy

Leverage Question

One adjustment that would most increase my leadership energy is:

My Prayer for These Two Days

God, in this season at Gloria Dei, grow me in: