

This 47 item assessment will let you know if coaching that integrates mindfulness and meditation practices would help you level up your leadership, your career, and your life. These simple practices are scientifically proven to:

* Reduce stress and anxiety.
* Build focus. Improve your ability to ignore distractions and increase productivity.
* Increase self-awareness, allowing for better self-care.
* Grow comfort with discomfort through noticing with acceptance, which can help with change readiness.
* Decrease emotional reactivity. The process of self-observation activates the part of the brain that helps you adapt new reactions to stressful situations.
* Improve problem-solving skills and foster creativity and innovation.
* Build resilience by shifting the mindset to one of setting intentions, noticing with appreciation, and cultivating gratitude.

This assessment will help establish your current foundation, and help chart the coaching path for personal and professional growth.

Please complete all items. Rate each item on a scale of 1-5. Please choose the number that best reflects your feelings, beliefs and behaviors.

1 2 3 4 5

*Less True More True*

**People Leadership**

I take unconditional responsibility for my work culture. Click or tap here to enter text.

I listen fully without interrupting. Click or tap here to enter text.

I practice self- care. Click or tap here to enter text.

I notice how I react in situations. Click or tap here to enter text.

I am aware of the sensations in my body that tell me I am running high or running low. Click or tap here to enter text.

I allow fear and foster conversations that navigate the way forward. Click or tap here to enter text.

I provide a safe and encouraging environment. Click or tap here to enter text.

I am as focused on *how* I do things, as I am on *what* I am doing. Click or tap here to enter text.

I make insightful decisions. Click or tap here to enter text.

The employees on my team have a sense of belonging. Click or tap here to enter text.

I can pivot when situations require me to be agile. Click or tap here to enter text.

I nurture collaboration on my team. Click or tap here to enter text.

**Career**

I set meaningful goals. Click or tap here to enter text.

I move beyond fear to pursue my dreams. Click or tap here to enter text.

My work aligns with my values. Click or tap here to enter text.

My life feels balanced. Click or tap here to enter text.

I am able to see my next actions. Click or tap here to enter text.

I stay engaged. Click or tap here to enter text.

When I am stuck, I have the tools I need to become unstuck. Click or tap here to enter text.

I am achieving my financial wealth goals. Click or tap here to enter text.

I am reaching the level in my career that I aspire to reach. Click or tap here to enter text.

I have a trusted sounding board for my ideas, who provides helpful feedback. Click or tap here to enter text.

I like my boss. Click or tap here to enter text.

I get along with the people that I work with. Click or tap here to enter text.

**Mindfulness**

I listen fully to the people in my life. Click or tap here to enter text.

I am fully aware in the present moment. Click or tap here to enter text.

I am noticing using all 5 senses. Click or tap here to enter text.

I acknowledge and accept my own feelings, thoughts and bodily sensations. Click or tap here to enter text.

I use my breath to center or calm myself. Click or tap here to enter text.

I take breaks throughout my day. Click or tap here to enter text.

**Self Care**

I am thoughtful about the information and stories that I read. Click or tap here to enter text.

I sit with myself each day and allow time to notice what is happening within me without judgement.Click or tap here to enter text.

I ask for help. Click or tap here to enter text.

I eat foods that fuel my physical health. Click or tap here to enter text.

I sleep for at least 7 hours each day. Click or tap here to enter text.

I engage in physical activities that strengthen my body. Click or tap here to enter text.

I do activities that make me happy. Click or tap here to enter text.

I stay connected with the people who care about me. Click or tap here to enter text.

I meditate (stillness, movement, silence, music, nature, yoga, etc.) Click or tap here to enter text.

**Resilience**

I am grateful for the big and small things in my life. Click or tap here to enter text.

I believe I am enough. Click or tap here to enter text.

I appreciate the people in my life. Click or tap here to enter text.

I set intentions. Click or tap here to enter text.

I thank myself for all that I do. Click or tap here to enter text.

I let go of those things and thoughts that do not serve me Click or tap here to enter text.

I surrender to the flow. I trust the Universe has my back. Click or tap here to enter text.

I focus my energy on the people and the things that I do want in my life (Law of Attractio n)Click or tap here to enter text.

Total Click or tap here to enter text.

Score Interpretation

Total score 166-235

Congratulations! You have successfully incorporated mindfulness and meditation practices into your personal and professional life. You are likely already recognizing the power of these simple practices in accelerating your leadership, your career, and your life. Mindfulness and meditation coaching is recommended if you have one assessment section where you have consistently lower scores, and you are interested in increased, focused attention on this area in order to achieve further personal and professional growth.

Total Score 85-165

Great work! You likely are leveraging some of these powerful practices in areas of your life today. Coaching will help you learn more tools and concepts that you can leverage to level up your leadership, your career, and your life. Coaching can help you apply mindfulness in new ways or in new areas of your life. Coaching will give you a co-creative partner to explore the areas of your leadership, career and life that you seek to improve, and help you discover your path forward.

Total Score 0-84

It sounds like mindfulness and meditation are new, powerful practices that you can leverage to level up your leadership, your career, and your life! Coaching will give you a co-creative partner to explore the areas of your personal and professional life that you seek to improve, and help you discover your path forward.