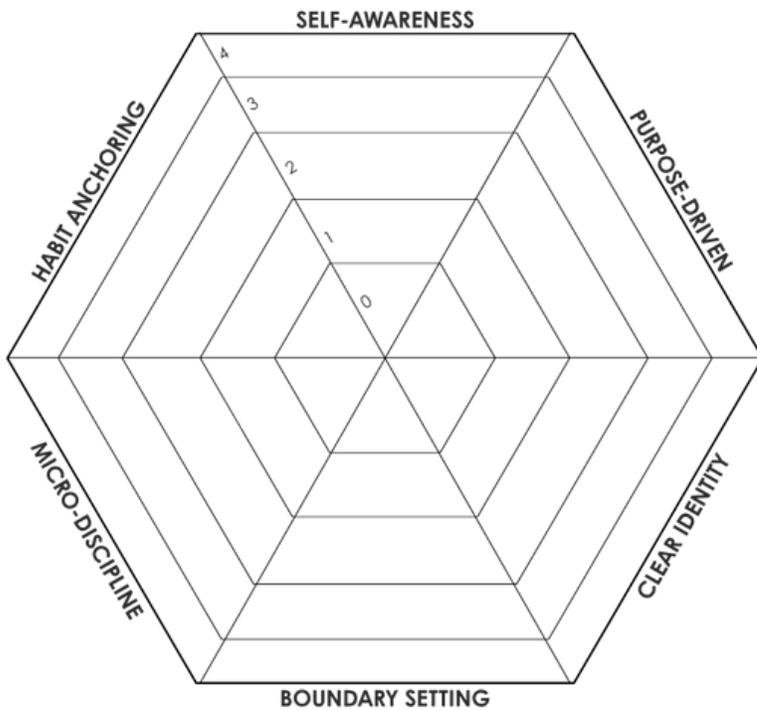




BE THE
CEO OF
YOUR OWN
LIFE

INTENTIONAL LEADER SELF-ASSESSMENT



See where you shine — and where you're ready to grow

This brief self-assessment will help you reflect on how you're currently showing up across the six core traits of intentional living. This isn't about judgment — it's about insight. You're not trying to “ace” this test. You're just mapping your starting point so you can lead your life with more clarity and intention.

Answer the 18 questions — 3 for each trait — on a scale from 0 (never) to 4 (always). Try to answer honestly and without overthinking. This is just for you. Calculate the average score for each trait.

Plot your results on the radar wheel. Each spoke of the wheel represents one trait. Each wedge has 5 layers moving outward from the center (representing scores of 0–4). Color in the layers based on your average score. Example: A score of 1 = fill the center + second ring. A score of 4 = fill all five layers to the edge.

Step back and look at your wheel. What's thriving? What's just starting to grow? The goal isn't to be maxed out in every area — it's to be aware of where you are so you can grow with intention.

This visual map shows your current balance across the traits that shape intentional leadership. It can help you celebrate your strengths, spot areas that feel stuck or under-supported, and choose one trait to focus on next. Remember: you're not behind. You're just beginning again, with more clarity than before.

If you found this helpful, you'll love the Goalcation—a guided reset designed to help you reconnect with what matters and build the habits to live it every day.



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Self Awareness

AVG Score: _____

I regularly check in with how I'm feeling and why, without judgment.

0 1 2 3 4

I can recognize when I'm operating from stress or autopilot.

0 1 2 3 4

I make space for reflection before jumping into action.

0 1 2 3 4

Clear Identity

AVG Score: _____

I feel confident in who I am, even when others don't understand.

0 1 2 3 4

I can describe my values and live in alignment with them.

0 1 2 3 4

I notice when I'm shape-shifting or people-pleasing and course-correct.

0 1 2 3 4

Micro Discipline

AVG Score: _____

I follow through on small actions that support my goals, even when motivation is low.

0 1 2 3 4

I choose progress over perfection and don't wait to feel "ready."

0 1 2 3 4

I build self-trust through consistent effort, not big heroic pushes.

0 1 2 3 4

Purpose Driven

AVG Score: _____

I know what truly matters to me and make decisions based on it.

0 1 2 3 4

I can clearly explain the "why" behind most of my goals.

0 1 2 3 4

I let go of tasks, relationships, or habits that don't align with my deeper purpose.

0 1 2 3 4

Boundary Setting

AVG Score: _____

I say no to things that drain me or aren't aligned, even when it's uncomfortable.

0 1 2 3 4

I protect time and energy for what matters without guilt.

0 1 2 3 4

I communicate my needs clearly and respectfully.

0 1 2 3 4

Habit Anchoring

AVG Score: _____

I've built at least one habit that reflects my values and supports the life I want.

0 1 2 3 4

I intentionally tie new behaviors to existing routines to make them stick.

0 1 2 3 4

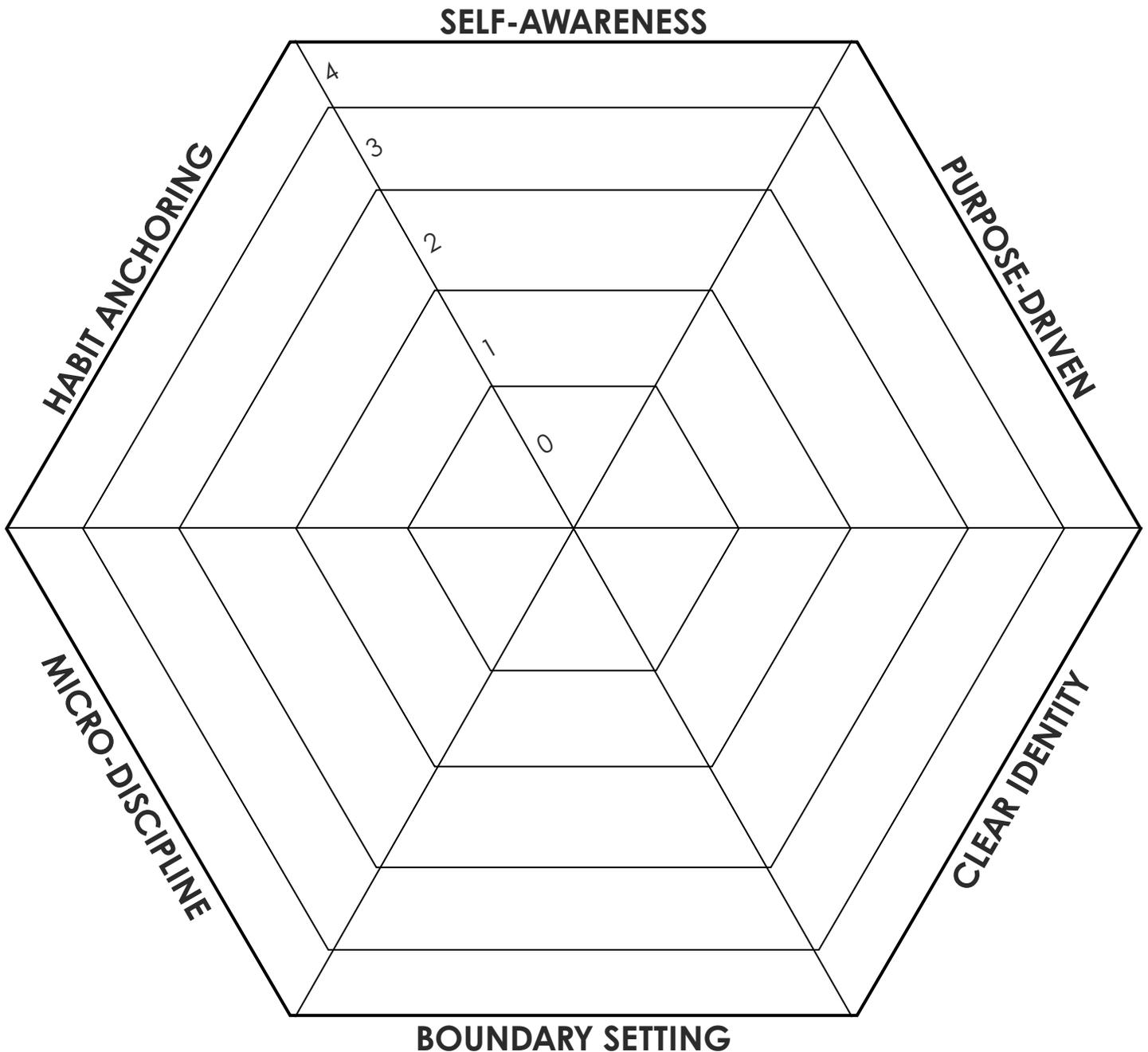
My daily rhythms mostly support the person I'm trying to become.

0 1 2 3 4



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HOW THE GOALCATION HELPS YOU BUILD THESE TRAITS

Intentional living isn't something you muscle your way into. It's something you practice day by day, with the right tools and reflection prompts to guide your growth. Here's how the Goalcation framework supports each of the six traits of the Intentional Leader. Learn more at 3DayGoalcation.com

Self Awareness

Featured Tool: The Three-Way Mirror Exercise

This foundational reflection helps you examine how you perceive yourself, how others may perceive you, and how your actions define you, clarifying both hidden gaps and strengths.

💡 You can't change what you don't see. This tool gently brings unconscious patterns to light so you can lead with intention.

Clear Identity

Featured Tool: Stuck Point Reframe

From journaling prompts that unpack your values to exercises like the Stuck Point Reframe, the Goalcation helps you rediscover the version of you that exists underneath the roles, expectations, and autopilot behaviors.

💡 Identity becomes clear when you stop reacting and start reflecting. These tools help you remember who you are and who you want to become.

Micro Discipline

Featured Tool: Action Focus Worksheet

Designed to cut through overwhelm, this worksheet helps you focus on just one aligned action at a time — something that's achievable, realistic, and rooted in what matters.

💡 You don't need perfect discipline. You just need one step you can actually take. This tool makes consistency feel doable.

Purpose Driven

Featured Tool: What Is Your Why?

This exercise helps you articulate the deeper "why" behind your goals and daily decisions, moving beyond productivity for its own sake.

💡 Purpose doesn't need to be grand to be powerful. This tool connects your actions to a meaning that fuels you in the long term.

Boundary Setting

Featured Tool: Not-To-Do List

This deceptively simple but powerful worksheet helps you draw the line between what you could do and what actually serves you. It clarifies where your time, energy, and attention are leaking.

💡 Boundaries aren't barriers — they're commitments to your capacity. This tool helps you make those commitments visible and actionable.

Habit Anchoring

Featured Tool: Habit Anchoring Worksheet

This practical tool walks you through pairing a new aligned behavior with an existing habit or routine, making it easier to build consistency without relying on willpower.

💡 When your habits support your identity, change becomes sustainable. This worksheet helps you build a system around who you want to be.

