

Elevator Builder Skills Inventory

Welcome to your personal growth journey! This assessment will help you learn more about yourself and your skills. It goes along with the book *The Elevator to Success*. You'll rate yourself on 32 important skills. This will show you which parts of the book are most helpful for you right now.

Think of this as a map for your personal growth. It will guide you and help you see how you're improving. Whether you're just starting or already on your way, this tool will help you make the most of your journey.

Take your time with each rating. Remember, this isn't about judging yourself, but about understanding where you are now so you can grow and improve.

1. Self-reflection & Introspection

- 1 = I rarely think about my actions or motivations.
- 2 = I occasionally reflect when problems arise but avoid deep analysis.
- 3 = I periodically set aside time for reflection but struggle to make insights actionable.
- 4 = I regularly engage in self-reflection and usually act on insights.
- 5 = I maintain consistent reflective practices and effectively translate insights into personal growth.



2. Goal-setting & articulation:

- 1 = I have difficulty identifying what I want in life
- 2 = I have vague ideas about goals but struggle to define them clearly
- 3 = I can set goals but often lack clear action steps
- 4 = I set specific goals with action plans but sometimes struggle with follow-through
- 5 = I consistently set, articulate, and achieve meaningful goals with clear action plans



3. Personal vision development:

- 1 = I have no clear vision for my future.
- 2 = I have some ideas about my future but they change frequently.
- 3 = I have a general vision but struggle to align daily actions with it.
- 4 = I have a clear vision and often align actions with it, but sometimes get distracted.
- 5 = I maintain a compelling personal vision that consistently guides my decisions



4. Self-awareness and authenticity:

- 1 = I rarely consider my true feelings or motivations.
- 2 = I sometimes recognize my patterns but often act unconsciously.
- 3 = I understand my core values but sometimes compromise them.
- 4 = I usually act authentically but occasionally conform to others' expectations.
- 5 = I consistently demonstrate self-awareness and act in alignment with my true self.



5. Emotional healing & forgiveness:

- 1 = I hold onto grudges and find forgiveness extremely difficult.
- 2 = I understand the importance of forgiveness but struggle to practice it.
- 3 = I can forgive others but have difficulty forgiving myself.
- 4 = I practice forgiveness regularly but sometimes hold onto past hurts.
- 5 = I consistently practice forgiveness and maintain emotional well-being.



6. Processing past experiences:

- 1 = I avoid thinking about past experiences that shaped me.
- 2 = I acknowledge past experiences but feel stuck in old patterns.
- 3 = I can identify patterns from my past but struggle to change them.
- 4 = I work actively on processing past experiences but sometimes get overwhelmed.
- 5 = I effectively process and learn from past experiences while maintaining present focus.



7. Seeking & accepting support:

- 1 = I rarely seek help and tend to handle everything alone.
- 2 = I know I need support but hesitate to ask for it.
- 3 = I occasionally seek support when struggling significantly.
- 4 = I regularly seek support but sometimes feel vulnerable doing so.
- 5 = I confidently seek and accept support while maintaining healthy boundaries.



8. Emotional resilience:

- 1 = I'm easily overwhelmed by emotional challenges.
- 2 = I can handle minor emotional setbacks but struggle with major ones.
- 3 = I bounce back from most challenges but need significant recovery time.
- 4 = I generally maintain emotional stability but occasionally get overwhelmed.
- 5 = I consistently demonstrate resilience in facing emotional challenges.



9. Creating effective routines:

- 1 = I have no consistent routines and operate chaotically.
- 2 = I attempt routines but struggle to maintain them.
- 3 = I have some basic routines but they're not optimized.
- 4 = I maintain several effective routines but sometimes slip during stress.
- 5 = I create and maintain powerful routines that enhance my productivity and well-being.



10. Resource management:

- 1 = I'm unaware of available resources and how to use them.
- 2 = I know about some resources but rarely utilize them.
- 3 = I use basic resources but don't maximize their potential.
- 4 = I regularly use various resources but haven't fully integrated them.
- 5 = I expertly identify, utilize, and maximize available resources.



11. Habit formation:

- 1 = I struggle to form new habits and often fall back on old patterns.
- 2 = I can maintain new habits briefly but usually revert to old ones.
- 3 = I can form some new habits but they require constant conscious effort.
- 4 = I successfully form new habits but need external accountability.
- 5 = I consistently create and maintain beneficial habits with minimal effort.



12. Tool integration & optimization:

- 1 = I rarely use tools or systems to support my growth.
- 2 = I try different tools but struggle to integrate them effectively.
- 3 = I use some tools consistently but haven't optimized their use.
- 4 = I effectively use multiple tools but haven't fully synchronized them.
- 5 = I seamlessly integrate and optimize various tools to support my growth.



13. Visualization techniques:

- 1 = I never use visualization or find it difficult to imagine outcomes.
- 2 = I occasionally try visualization but doubt its effectiveness.
- 3 = I practice visualization sometimes but struggle to maintain clear images.
- 4 = I regularly use visualization but don't always connect it to action.
- 5 = I effectively use visualization to enhance performance and achieve goals.



14. Task execution & follow-through:

- 1 = I rarely complete tasks I start.
- 2 = I complete some tasks but often leave things unfinished.
- 3 = I complete most important tasks but sometimes procrastinate.
- 4 = I consistently complete tasks but occasionally struggle with complex projects.
- 5 = I excel at executing tasks and following through on all commitments.



15. Deep focus & concentration:

- 1 = I'm easily distracted and rarely achieve deep focus.
- 2 = I can focus briefly but struggle with sustained concentration.
- 3 = I maintain focus in ideal conditions but am easily disrupted.
- 4 = I regularly achieve deep focus but sometimes get derailed.
- 5 = I consistently achieve and maintain deep focus regardless of circumstances.



16. Action-oriented mindset:

- 1 = I often get stuck in planning and analysis without taking action.
- 2 = I take action occasionally but usually need external motivation.
- 3 = I take action on important tasks but sometimes hesitate.
- 4 = I regularly take action but sometimes overthink decisions.
- 5 = I consistently maintain an action-oriented approach while making wise decisions.



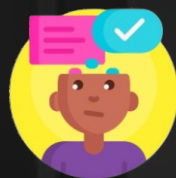
17. Self-confidence building:

- 1 = I constantly doubt my abilities and worth.
- 2 = I occasionally feel confident but it's easily shaken.
- 3 = I maintain moderate confidence in familiar situations.
- 4 = I'm generally confident but sometimes doubt myself in new situations.
- 5 = I maintain strong, stable confidence while remaining humble and growth-oriented.



18. Positive self-talk:

- 1 = My inner dialogue is predominantly negative and critical.
- 2 = I notice negative self-talk but struggle to change it.
- 3 = I balance positive and negative self-talk.
- 4 = I maintain mostly positive self-talk but struggle during challenges.
- 5 = I consistently maintain constructive and encouraging inner dialogue.



19. Taking massive action:

- 1 = I rarely take bold action toward my goals.
- 2 = I sometimes take action but hold back due to fear.
- 3 = I take significant action in comfortable areas.
- 4 = I regularly take bold action but sometimes hesitate with bigger risks.
- 5 = I consistently take massive action aligned with my goals and values.



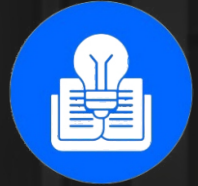
20. Faith in future outcomes:

- 1 = I typically expect negative outcomes and focus on potential failures.
- 2 = I worry about outcomes but try to stay hopeful.
- 3 = I maintain cautious optimism about future outcomes.
- 4 = I generally believe in positive outcomes but sometimes doubt.
- 5 = I consistently maintain faith in positive outcomes while taking practical action.



21. Reading & understanding others:

- 1 = I struggle to interpret others' emotions and intentions.
- 2 = I notice obvious social cues but miss subtle ones.
- 3 = I understand most social situations but sometimes misinterpret.
- 4 = I accurately read others but occasionally miss complex dynamics.
- 5 = I consistently understand and appropriately respond to others' cues and needs.



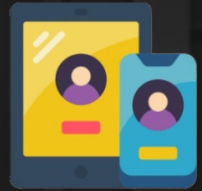
22. Building meaningful relationships:

- 1 = I struggle to form and maintain relationships.
- 2 = I form surface-level relationships but struggle with depth.
- 3 = I maintain some deep relationships but struggle to expand my network.
- 4 = I build strong relationships but sometimes neglect maintenance.
- 5 = I consistently build and maintain meaningful relationships across different contexts.



23. Digital age communication:

- 1 = I struggle with digital communication platforms and etiquette.
- 2 = I use basic digital communication but feel uncomfortable with newer formats.
- 3 = I communicate adequately online but prefer traditional methods.
- 4 = I effectively use digital communication but sometimes miss nuances.
- 5 = I excel at communication across all platforms while maintaining authenticity.



24. Charisma & social intelligence:

- 1 = I feel awkward in social situations and struggle to connect.
- 2 = I can be charismatic in comfortable situations but often feel forced.
- 3 = I demonstrate moderate charisma in familiar settings.
- 4 = I'm usually charismatic but sometimes struggle in new environments.
- 5 = I consistently demonstrate natural charisma while remaining authentic.



25. Divergent thinking:

- 1 = I rarely think outside conventional patterns.
- 2 = I occasionally generate new ideas but usually stick to the familiar.
- 3 = I can think creatively when prompted but don't do it naturally.
- 4 = I often think divergently but sometimes get stuck in patterns.
- 5 = I consistently generate innovative ideas and solutions across contexts.



26. Cross-industry innovation:

- 1 = I rarely look outside my field for ideas or solutions.
- 2 = I notice connections between fields but struggle to apply them.
- 3 = I sometimes apply ideas from other fields to solve problems.
- 4 = I regularly seek cross-industry insights but don't always implement them.
- 5 = I consistently identify and apply valuable insights across different domains.



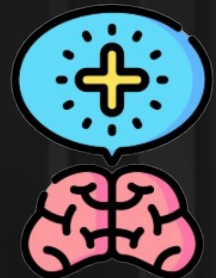
27. Right-brain activation:

- 1 = I strongly prefer logical, linear thinking approaches.
- 2 = I acknowledge creative thinking but rarely engage in it.
- 3 = I balance logical and creative thinking in familiar situations.
- 4 = I regularly engage both hemispheres but default to left-brain thinking.
- 5 = I seamlessly integrate logical and creative thinking approaches.



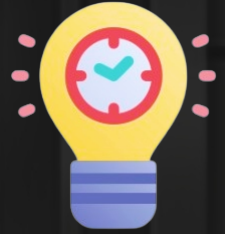
28. Abundance mindset:

- 1 = I operate primarily from a scarcity mindset.
- 2 = I understand abundance concepts but struggle to believe in them.
- 3 = I maintain an abundance mindset in good times but revert to scarcity in challenges.
- 4 = I generally operate from abundance but occasionally slip into scarcity thinking.
- 5 = I consistently maintain an abundance mindset while taking practical action.



29. Long-term strategic thinking:

- 1 = I focus almost exclusively on immediate concerns.
- 2 = I think about the future but struggle to plan strategically.
- 3 = I create long-term plans but often get caught in short-term thinking.
- 4 = I maintain strategic focus but sometimes lose sight of the bigger picture.
- 5 = I consistently balance short-term actions with long-term strategic vision.



30. Personal brand development:

- 1 = I'm unaware of my personal brand or how others perceive me.
- 2 = I recognize the importance of personal branding but don't actively manage it.
- 3 = I work on my personal brand but lack consistency.
- 4 = I actively manage my personal brand but sometimes struggle with authenticity.
- 5 = I consistently develop and maintain an authentic, powerful personal brand.



31. Mentoring & knowledge sharing:

- 1 = I rarely share knowledge or support others' growth.
- 2 = I share knowledge when asked but don't seek mentoring opportunities.
- 3 = I occasionally mentor others but don't have a systematic approach.
- 4 = I regularly mentor others but sometimes struggle to adapt my approach.
- 5 = I consistently provide effective mentoring while continuing my own growth.



32. Self-actualization:

- 1 = I rarely think about my highest potential or purpose.
- 2 = I consider my potential but feel overwhelmed by the gap.
- 3 = I work toward self-actualization but progress feels slow.
- 4 = I actively pursue self-actualization but sometimes lose momentum.
- 5 = I consistently work toward realizing my highest potential while helping others.



SCORING GUIDE

Total your scores and use this guide to identify your focus areas:

32–64 points: Foundational Growth Phase

- Focus heavily on the chapters corresponding to your lowest-rated skills.
- Estimated development time: 1200–1800 hours.
- *Priority: Use the Success Journal Template and basic resources.*



65–96 points: Active Development Phase

- Balance skill development across multiple areas.
- Estimated development time: 900–1200 hours.
- *Priority: Implement the Goal-Setting Framework.*



97–128 points: Advanced Integration Phase

- Fine-tune specific skills while maintaining others.
- Estimated development time: 600–900 hours.
- *Priority: Utilize advanced resources and community support.*



129–160 points: Mastery Phase

- Focus on teaching others and deepening expertise.
- Estimated development time: 300–600 hours.
- *Priority: Contribute to community and develop mentoring skills.*

