

The Sustainable Leadership Diagnostic™

Is Your Success Sustainable?

You're delivering.

You're performing.

You're holding a lot together.

But beneath the results, there's a quieter question:
Is the way you're succeeding... sustainable?

A 5-minute diagnostic for high-performing leaders

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How it works:

For each statement, rate yourself from 1 to 5:

1 = Rarely true

5 = Consistently true

Answer honestly.

This is for you!

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Energy

Rate each from 1 to 5:

1. I start most days with enough energy to think clearly.
2. My energy remains stable throughout the day (not driven by adrenaline).
3. I recover quickly after intense periods.

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Clarity

1. My decisions come from intention, not urgency.
2. I have regular space to think, not just react.
3. My priorities feel clear and focused.

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Alignment

1. My current success still reflects what matters to me.
2. I feel connected to the “why” behind what I’m doing.
3. I’m not just maintaining – I’m evolving.

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Emotional Regulation

1. I don't spend excessive time replaying conversations or decisions.
2. I can pause before reacting under pressure.
3. My internal state supports my leadership, not drains it.

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Your Score

Add your total:

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45–60 → Expansion Mode

30–44 → Stabilisation Mode

Below 30 → Survival Mode

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Expansion Mode

You are operating from alignment, clarity, and stability.

Your challenge is not growth.
It's protecting what already works.

Focus:

- Don't overload your system
- Protect thinking space
- Maintain recovery rhythms

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Stabilisation Mode

You are performing well but some friction is starting to appear.

This is the moment to recalibrate before pressure compounds.

Focus:

- Clarify your real priorities
- Remove one unnecessary commitment
- Protect recovery time

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Survival Mode

You are likely operating on pressure, not sustainability.

Results may still be there but the internal cost is rising.

Focus:

- Reduce one responsibility
- Create daily thinking space (20–30 min)
- Identify one recurring energy drain

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If your results are strong but the internal cost is rising, you're not alone.

This is the exact work I do with senior leaders.
Not to push harder.
But to redesign how success is carried.

[Book a discovery call](#)

Grab your copy of [ReDesign Your Life](#)
a guide for anyone rebuilding, realigning, or
ready to begin again.

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