

KNOW WHERE YOU STAND™

Personal Performance Assessment

Discover the truth about where you are today... so you can design where you're going next.

Health • Business • Personal Growth • Wealth

Why I Created This

Ten years ago, I lost my brother to cancer. His passing forced me to ask a question that changed my life forever: What happens when we ignore the areas of life that matter most? This assessment is designed to help you see clearly where you stand today, because clarity creates action, and action creates change.

Before You Begin

This isn't a test. There are no right or wrong answers. Answer based on where you honestly are today—not where you hope to be. Trust your first instinct.

How to Score Yourself

Ask yourself: 'How true is this for me today?'

0 = Not true at all

1-2 = Rarely true

3-4 = Sometimes true

5-6 = About half the time

7-8 = Usually true

9 = Almost always true

10 = Completely true. This is one of my strengths.

Example

Question: How proud are you of the way you're taking care of your body today?

2 = Rarely exercising or eating well.

5 = Trying but inconsistent.

8 = Healthy habits most days.

10 = Living exactly the healthy lifestyle you want.

Health

1. How proud are you of the way you're taking care of your body today? _____ /10

2. If your health stayed exactly the same for the next three years, how happy would you be? _____ /10

3. How much energy do you bring to most days? _____ /10

4. How consistently are you moving your body? _____ /10

5. How well are you sleeping and recovering? _____ /10

6. How well are you managing stress? _____ /10

7. How proactive are you about addressing health concerns? _____ /10

8. How well do your eating habits support your future? _____ /10

9. How physically strong and confident do you feel? _____ /10

10. How confident are you that your best health years are still ahead? _____ /10

Health Total: _____ /100

Business

1. How clear are you about where your business is heading? _____ /10
2. How much freedom does your business give you? _____ /10
3. How much time do you spend working on your business instead of only in it? _____ /10
4. How clear is your growth plan? _____ /10
5. How confident are you your business could operate without you for 30 days? _____ /10
6. How confident do you feel about your business finances? _____ /10
7. How strong is the team around you? _____ /10
8. How well are you spending time on what matters most? _____ /10
9. How proud are you of your business direction? _____ /10
10. If nothing changed for the next 12 months, how satisfied would you be? _____ /10

Business Total: _____ /100

Personal Growth

1. How clear are you about what this stage of life is asking of you? _____ /10
2. How much are you growing instead of repeating old patterns? _____ /10
3. How clear and written are your goals? _____ /10
4. How committed are you to learning? _____ /10
5. How much time do you spend with people who challenge and inspire you? _____ /10
6. How often do you leave your comfort zone? _____ /10
7. How much more confident are you becoming each year? _____ /10
8. How often do you reflect on your life? _____ /10
9. How closely are you living according to your values? _____ /10
10. How excited are you about your future? _____ /10

Personal Growth Total: _____ /100

Wealth

1. How financially secure do you feel today? _____ /10
2. How consistently do you spend less than you earn? _____ /10
3. How intentionally are you building wealth? _____ /10
4. How prepared are you for unexpected expenses? _____ /10
5. How clearly do you know your current net worth? _____ /10
6. How clear is your financial plan? _____ /10
7. How much freedom do your finances provide? _____ /10

8. How aligned are your financial decisions with your values? _____ /10
9. How close are you to the lifestyle you truly want? _____ /10
10. If money were no longer a concern, how different would your life look? _____ /10
- Wealth Total: _____ /100

Reflection

- What surprised you most? _____
- Which area scored highest and why? _____
- Which area scored lowest and why? _____
- If nothing changes over the next 12 months, what will it cost you?

- What would a 10 look like? _____
- What is your next move? _____

Your Next Step

Circle your three lowest scoring questions. Ask yourself: If I improved these three areas over the next 90 days, how different could my life become?

If you'd like help building your plan, book your complimentary Know Where You Stand™ Review with Christopher Hayward.