BUILT FROM WITHIN

Reader Self-Assessment

Rate yourself honestly on each principle, from 1 (rarely true for me) to 5 (consistently true for me). Circle or mark the number that fits.

Self-Love
I treat myself with compassion and believe I am worthy of growth and success.

1 2 3 4 5

Courage
I act despite fear and face difficult conversations and decisions with honesty.

1 2 3 4 5

Mindset
I treat setbacks as opportunities to learn and grow.

1 2 3 4 5

Purpose
I have a clear sense of what matters most to me and why, and it guides my choices.

1 2 3 4 5

Planning
I translate my goals into specific plans with clear actions and timelines.

1 2 3 4 5

Prioritisation
I consistently invest my best energy in my most important work.

1 2 3 4 5

Persistence
I continue through setbacks and obstacles, even when things are hard and results aren't showing yet.

1 2 3 4 5

Patience
I give my goals the time they need and resist abandoning sound strategies prematurely.

1 2 3 4 5

Self-Discipline
I consistently act in alignment with my commitments regardless of how I feel.

1 2 3 4 5

Once you have rated yourself, identify your two lowest scores. These are good starting points.