

# The Power of Why: Doing What Matters Most

## Self-Assessment

1. On a scale of 1 to 10, how satisfied are you with the way you are managing your life? How would you rate your overall satisfaction with your performance in the areas of school (if applicable), work, relationships, health and finances?

***Not at all satisfied***    **1**    **2**    **3**    **4**    **5**    **6**    **7**    **8**    **9**    **10**    ***Extremely Satisfied***

- Now, rank these five categories in order of your level of satisfaction – highest to lowest, most satisfied to least:

(Most Satisfied)    1.  
                                  2.  
                                  3.  
                                  4.  
(Least Satisfied)    5.

Take a look at 4 & 5 (less satisfied); for what reason(s) are you less satisfied in these two areas of your life?

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2. Who would you say you are performing for? Whom would you say you are eager to please (really give this some thought and be honest with yourself)? Explain.

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3. What percentage of the time do you feel overwhelmed? \_\_\_\_\_% exhausted? \_\_\_\_\_%

4. How often do you feel you have nothing else to give (check only one below)?

***Never*** \_\_\_\_\_ ***Some of the time*** \_\_\_\_\_ ***Most of the time*** \_\_\_\_\_ ***All of the time*** \_\_\_\_\_

5. When you take inventory of your obligations, which ones are truly necessary and which ones are self-imposed (really give this some thought and be honest with yourself)?

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6. What percentage of your life do you feel is in your control? \_\_\_\_\_% Explain.

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7. What changes do you believe you need to make in the areas where you were less satisfied (4 & 5 above) for you to move closer to feeling extremely satisfied?

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8. Take a moment to consider: What kind of lifestyle do I really want/desire (career, contribution, environment, health, leisure, money, personal growth, significant other, social, spirituality, time, etc.)

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9. Take a moment to consider: What kind of work life do I really want/desire (industry, role, location, weekly work hours, salary, impact, etc.)?

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10. What percentage of effort are you currently putting forth to move you closer to having / experiencing the kind of lifestyle and work life you really want/desire? \_\_\_\_\_% Explain.

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