

The Self-leadership Questionnaire

The Self-leadership Questionnaire is designed to assess your personal strengths and weaknesses with respect to the qualities identified in the book *Leadership Insight* (competence, optimism & confidence, meaning & passion, energy, undivided attention, and positivity).

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The Self-leadership Questionnaire

Instructions: Read each statement and indicate your level of agreement. Do not spend a great deal of time with any particular item; simply record your first impression. Circle 1 if you strongly disagree, circle 5 if you strongly agree, or circle a 2, 3, or 4 if you are somewhere between strong disagreement and strong agreement.

1C. I spend most of my day doing things that I am good at.

Strongly Disagree	Strongly Agree
1 2 3	4 5

2C. I am constantly striving to get better.

Strongly Disagree	Strongly Agree
1 2 3	4 5

3C. I love to learn new things.

Strongly Disagree	Strongly Agree
1 2 3	4 5

4C. I know my strengths well (what I am good at).

Strongly Disagree	Strongly Agree
1 2 3	4 5

5O. I find the good, even in the midst of the toughest challenges.

Strongly Disagree	Strongly Agree
1 2 3	4 5

6O. I expect to succeed.

Strongly Disagree	Strongly Agree
1 2 3	4 5

7O. I can do most anything asked of me.

Strongly Disagree	Strongly Agree
1 2 3	4 5

8O. I am good at what I do.

Strongly Disagree	Strongly Agree
1 2 3	4 5

9M. I view my work as a calling—it's interesting and meaningful.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
10M. I love what I do.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
11M. I have a mission to fulfill and a vision for my life.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
12M. I live each day in pursuit of what matters most.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
13E. I get to choose how I spend my time.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
14 E. I take breaks during the day.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
15E. I get enough sleep.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
16E. I exercise regularly.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
17U. I listen well.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
18U. I assume the best in others.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
19U. I care about others.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
20U. I want to see those around me succeed.	Strongly Disagree	Strongly Agree
	1 2 3	4 5
21P. I am upbeat most of the time.	Strongly Disagree	Strongly Agree
	1 2 3	4 5

22P. I savor all that is good and take the time to enjoy life.	Strongly Disagree	1	2	3	Strongly Agree	4	5
23P. I tell others about the good things that come my way.	Strongly Disagree	1	2	3	Strongly Agree	4	5
24P. I experience far more good than bad.	Strongly Disagree	1	2	3	Strongly Agree	4	5

Once you have completed the questionnaire, summarize your responses by following the instructions in the form provided below.

The Self-leadership Questionnaire Summary Form	Subtotals
Competence (sum of items 1C to 4C)	
Optimism & Confidence (sum of items 5O to 8O)	
Meaning & Passion (sum of items 9M to 12M)	
Energy (sum of items 13E to 16E)	
Undivided Attention (sum of items 17U to 20U)	
Positivity (sum of items 21P to 24P)	
TOTAL (sum of the subtotals)	

Your total score on this questionnaire will fall between 24 and 120, with 120 suggesting that, in general, you excel at self-leadership. Your subtotals on the individual characteristics will range from 4 to 20 (with 4 representing a weakness and 20 representing a strength). For example, if your score on undivided attention is a 20, this signifies an area in which you are doing well. Conversely, if your score on the competence dimension is a 5, this is an area where you may want to do some work.