



## Your Oxygen Mask First Self Assessment

On a scale of 0 (low) to 10 (high), rate yourself on each of the following questions.

1. Live an Amazing life  
*How good are you at enjoying life in tandem with your success in business?* \_\_\_\_\_
2. Forget Work-Life Balance  
*Do you have enough time and energy for all aspects of your life – work, life and self?* \_\_\_\_\_
3. Double Your Resilience  
*How good are you at making time for things that maintain your personal resilience?* \_\_\_\_\_
4. Invest in Your Sweet Spots  
*How good are you at spending the vast majority of your time and energy doing things you love, and are good at?* \_\_\_\_\_
5. Lick Your Toads  
*How do you rate at making sure annoying things get done before they pile up?* \_\_\_\_\_
6. Deal With Your Emotional Junk  
*How good are you at not responding irrationally or emotionally?* \_\_\_\_\_
7. Manage Your Mental Health  
*How skilled are you at managing your overall mental health?* \_\_\_\_\_
8. Learn Like Your Life Depends on It  
*How do you rate as a lifelong learner?* \_\_\_\_\_
9. Get Tough Feedback  
*How do you rate at getting other people's opinions about your performance?* \_\_\_\_\_
10. Make Yourself Useless  
*How good are you at building a team so strong there's not much you need to do?* \_\_\_\_\_
11. Quadruple Your IQ  
*How effective are you at leveraging opinions from experts, in business and in life?* \_\_\_\_\_
12. Stop Being Chief Problem Solver  
*How skilled are you are at helping people become strong, independent leaders?* \_\_\_\_\_
13. Teach People to Meet Your Standards  
*How skilled are you at graciously getting people to meet your high standards?* \_\_\_\_\_
14. Tackle Tough Conversations  
*How skilled are you at quickly giving tough feedback?* \_\_\_\_\_
15. Love the Lessons  
*How good are you at seeing the benefit in your challenges, at work and in life?* \_\_\_\_\_
16. Keep Going For It  
*How good are you at regularly stretching your personal limits?* \_\_\_\_\_
17. Plan, Plan & Plan Again  
*How disciplined are you about planning and regularly re-planning (1/4ly) for work, life and self?* \_\_\_\_\_

**Totals** \_\_\_\_\_