

Personal Development Assessment

Eight life-skill areas, four statements each. Score every statement 0 (rarely true) – 2 (consistently true), total each area, then map your profile.

Focus & Deep Work (score each 0–2, area total /8)

■ I do my most important task before checking messages	0 1 2
■ I can work 45+ minutes without switching tabs	0 1 2
■ My phone has no say in my mornings	0 1 2
■ I finish what I start more often than not	0 1 2

Learning & Growth (score each 0–2, area total /8)

■ I am deliberately learning one skill right now	0 1 2
■ I apply new knowledge within a week of learning it	0 1 2
■ I seek feedback even when it stings	0 1 2
■ I read/listen to something substantive weekly	0 1 2

Communication (score each 0–2, area total /8)

■ I say no clearly and without guilt	0 1 2
■ I can disagree without damaging relationships	0 1 2
■ I speak up in groups when I have something to say	0 1 2
■ People rarely misunderstand my requests	0 1 2

Emotional Steadiness (score each 0–2, area total /8)

■ Setbacks cost me hours, not weeks	0 1 2
■ I can name what I am feeling and why	0 1 2
■ I respond to criticism with curiosity first	0 1 2
■ I control my reactions under pressure	0 1 2

Health Foundations (score each 0–2, area total /8)

■ I sleep 7+ hours most nights	0 1 2
■ I move my body most days	0 1 2
■ My energy is steady through the afternoon	0 1 2
■ I have a shutdown ritual that ends the workday	0 1 2

Relationships (score each 0–2, area total /8)

■ I invest time in people who matter weekly	0 1 2
■ I ask for help before I am desperate	0 1 2
■ I keep the small promises, not just big ones	0 1 2
■ Someone would call me their accountability partner	0 1 2

Money Habits (score each 0–2, area total /8)

■ I know my monthly number (in and out)	0 1 2
■ I save/invest automatically	0 1 2
■ Purchases over a set amount get a 48-hour pause	0 1 2
■ Money stress does not drive my daily decisions	0 1 2

Direction & Purpose (score each 0–2, area total /8)

■ I can state my 12-month goal in one sentence	0 1 2
■ My calendar reflects my stated priorities	0 1 2
■ I review my goals at least monthly	0 1 2
■ I have said no to something good to protect something great	0 1 2

Reading your profile

Score	What it means
Area at 7–8	A strength. Maintain it; mentor someone with it.
Area at 4–6	Workable. One habit change moves this — pick the lowest-scored statement.
Area at 0–3	Your leverage point. Improving this area lifts the others; start here, not with your strengths.

Turn your lowest area into a practice: the Personal Development Blueprint, Goal Setting & Achievement Systems, and Stress Management & Emotional Intelligence courses are all at coursezensuite.com — All-Access membership covers them all.