

ESCAPE YOUR AVERAGE
INDIVIDUAL ASSESSMENT



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DISCOVER AND DEVELOP YOUR POTENTIAL

ESCAPE **YOUR** AVERAGE **INDIVIDUAL** ASSESSMENT

THIS A RESOURCE FOR YOU TO MEASURE YOURSELF IN THREE SPECIFIC AREAS:

PHYSICAL

PROFESSIONAL

PERSONAL

THERE WILL BE SIX SPECIFIC CATEGORIES WHICH YOU WILL ANSWER QUESTIONS:

NUTRITION

PLANNING

RELATIONSHIPS

FITNESS

PRODUCTIVITY

DEVELOPMENT

NOW, YOU MAY FIND YOU HAVE A CERTAIN DEFINITION OF THE ABOVE CATEGORIES BUT YOUR SCORE MAY REFLECT SOMETHING COMPLETELY DIFFERENT. DON'T GET DISCOURAGED. THIS ASSESSMENT DESCRIBES A SPECIFIC DEFINITION OF WHICH THE ANSWERS WILL BE MEASURED. AND IT MAY NOT BE WHAT YOU THINK SO BE OPEN IN YOUR THINKING AND WILLING TO IMPROVE.

INSTRUCTIONS

At the end of each section, add your total and enter it in the sub-total blank found in the bottom right corner of each page.

Once you've completed the entire assessment, you will add up the sub-totals from each blank to rank your answers to find out where you are excelling and where you can improve in your life right now.

Be **COMPLETELY** honest. Only you see the results. Remember, the assessment is only as accurate as your truthful answers which should be based on who are you NOW, not who you want to be, hope to be, or think you should be in your life.

My hope for you is you will maximize this resource. Answer each question as who you really are right now. Add the totals and allow your honest answers to assess where you are strong, improving, declining, and weak. ***Are you ready...?***

BE PHYSICALLY BETTER

FOCUS :: NUTRITION

What is the ACTUAL priority of your nutrition on a consistent basis:

- 5 - Top Priority- highest focus (junk food what?)
- 4 - High Priority- very important
- 3 - Average Priority - half in
- 2 - Low Priority - little focus
- 1 - No Priority - I eat however I want to eat

I drink the recommended daily intake of water to stay fully hydrated (half my body weight in ounces - i.e.: 200lbs = 100 ounces)

- 5 - 100%
- 4 - 75%
- 3 - 50%
- 2 - 25%
- 1 - if some water gets in my mouth on accident does that count?

I eat food that refuels and gives me energy

- 5 - Always
- 4 - Most of the time (better than most but could definitely improve)
- 3 - Sometimes yes, sometimes no
- 2 - Some of the time (I'm aware but don't make a conscious effort)
- 1 - Rarely (you would freak out if you saw our fridge and cupboards)

I am disciplined to eat what is best for me even if I don't care for it

- 5 - all of the time and no matter what
- 4 - most of the time
- 3 - half of the time
- 2 - some of the time
- 1 - rarely to none of the time

This statement is true of me: I make healthy choices...

- 5 - all of the time and no matter what
- 4 - most of the time
- 3 - half of the time
- 2 - some of the time
- 1 - rarely to none of the time

Sub-Total :: _____

BE PHYSICALLY BETTER

FOCUS :: FITNESS

I am satisfied with how I look and feel right now

- 5 - *I'm in the best shape of my life and couldn't feel better*
- 4 - *I'm ahead of most and still want to improve*
- 3 - *I'm on my way and feeling better but have a ways to go*
- 2 - *I'm very dissatisfied and a little embarrassed*
- 1 - *I could not be more dissatisfied and ashamed*

Fitness is a priority to me

- 5 - *It's scheduled and maximized*
- 4 - *It's a major focus*
- 3 - *I fit it in but go through the motions*
- 2 - *If it happens, it happens*
- 1 - *I do one sit-up a day, which is getting up in the morning*

I'm exhausted / sore after my workouts

- 5 - *All of the time*
- 4 - *Most of the time*
- 3 - *Half of the time*
- 2 - *Some of the time*
- 1 - *Rarely if ever*

This statement best describes me: Around other people, I'm the person who is...

- 5 - *in the best shape*
- 4 - *a close second*
- 3 - *in the middle of the pack*
- 2 - *in the lower quarter of the group and always feel better when someone is worse*
- 1 - *in the worst shape and absolutely hate it*

I have 8 hours of undisturbed sleep each night

- 5 - *All the time - it's a high priority*
- 4 - *Most of the time*
- 3 - *Half of the time*
- 2 - *Some of the time*
- 1 - *I cannot remember the last time I had 8 hours of sleep in one night (can I add 2 nights?)*

Sub-Total :: _____

BE PROFESSIONALLY BETTER

FOCUS :: PLANNING

This describes my view of planning

- 5 - Predictable and Methodical
- 4 - Preferred and Attempted
- 3 - Hit and miss
- 2 - I plan to plan. Does that count?
- 1 - Can you spell that for me? Origin of the word?

I plan my day

- 5 - All of the time - live by my plan
- 4 - Most of the time -
- 3 - Half of the time
- 2 - Some of the time
- 1 - I read about that one time

I close my day with a review of my day to set-up tomorrow

- 5 - All of the time
- 4 - Most of the time
- 3 - Half of the time
- 2 - Some of the time
- 1 - I just try to get through my day

My daily / weekly planning is a direct result of my written goals

- 5 - All of the time
- 4 - Most of the time
- 3 - Half of the time
- 2 - Some of the time
- 1 - Not even close

I implement written goals on a consistent basis

- 5 - All of the time
- 4 - Most of the time
- 3 - Half of the time
- 2 - Some of the time
- 1 - I'm allergic to goals - tried it once, nasty rash

Sub-Total :: _____

BE PROFESSIONALLY BETTER
FOCUS :: PRODUCTIVITY

I struggle converting planning into productivity

- 5 - Never
- 4 - Sometimes
- 3 - Half of the time
- 2 - Most of the time
- 1 - All of the time

I feel great with the results of my average day

- 5 - Always True
- 4 - Mostly True
- 3 - On the average
- 2 - Sometimes True
- 1 - Rarely True

I get things done but they are usually

- 5 - Highest priorities 1st then on to my lower priorities if time allows
- 4 - At least one major priority a day
- 3 - I get a lot done but not what I actually need to get done
- 2 - Reactive, random and unpredictable
- 1 - I'm lucky if I get anything done of any importance at all

I consistently look for ways to improve my productivity

- 5 - All of the time
- 4 - Most of the time
- 3 - Half of the time
- 2 - Some of the time
- 1 - Never

I use scheduled time blocks for key activities to maximize my day

- 5 - Completely true
- 4 - Mostly true
- 3 - Half true
- 2 - Sometimes true
- 1 - Rarely to never true

Sub-Total :: _____

BE PERSONALLY BETTER

FOCUS :: RELATIONSHIPS

I live with purpose through a defined, written mission statement

- 5 - Absolutely and reviewed daily*
- 4 - Yes but not reviewed frequently*
- 3 - I have one formulated in my mind*
- 2 - Struggling to find purpose and a mission*
- 1 - No purpose and no mission statement*

I govern my life with pre-determined values that guide my daily decisions

- 5 - Completely true*
- 4 - Mostly true*
- 3 - Half true*
- 2 - Sometimes true*
- 1 - Rarely to never true*

I have a consistent time of day for personal reflection / meditation (my inner disciplines)

- 5 - Completely true*
- 4 - Mostly true*
- 3 - Half true*
- 2 - Sometimes true*
- 1 - Rarely to never true*

I take consistent time each day to work on personal development by reading and learning

- 5 - Completely true*
- 4 - Mostly true*
- 3 - Half true*
- 2 - Sometimes true*
- 1 - Rarely to never true*

I seek to encourage and serve others every chance I get

- 5 - Completely true*
- 4 - Mostly true*
- 3 - Half true*
- 2 - Sometimes true*
- 1 - Rarely to never true*

Sub-Total :: _____

BE PERSONALLY BETTER

FOCUS :: DEVELOPMENT

I naturally choose the right way not the easy way

- 5 - Always true
- 4 - Mostly true
- 3 - Half true
- 2 - Sometimes true
- 1 - rarely to never true

I care about my reputation (what others think of me) more than my character (who I really am)

- 5 - Rarely to never true
- 4 - Sometimes true
- 3 - Half true
- 2 - Mostly true
- 1 - Completely true

I'm known by others as a high character person

- 5 - Completely true
- 4 - Mostly true
- 3 - Half true
- 2 - Sometimes true
- 1 - Rarely to never true

I have character flaws that need to be addressed and nobody really knows

- 5 - Rarely to never true
- 4 - Sometimes true
- 3 - Half true
- 2 - Mostly true
- 1 - Completely true

I'm motivated and willing to do the hard work to improve my character

- 5 - Completely true
- 4 - Mostly true
- 3 - Half true
- 2 - Sometimes true
- 1 - Rarely to never true

Sub-Total :: _____

RANKINGS

LIST YOUR **SCORE** FOR THE FOLLOWING:

BE PHYSICALLY BETTER

NUTRITION


FITNESS



BE PROFESSIONALLY BETTER

PLANNING

PRODUCTIVITY



BE PERSONALLY BETTER

RELATIONSHIPS

DEVELOPMENT



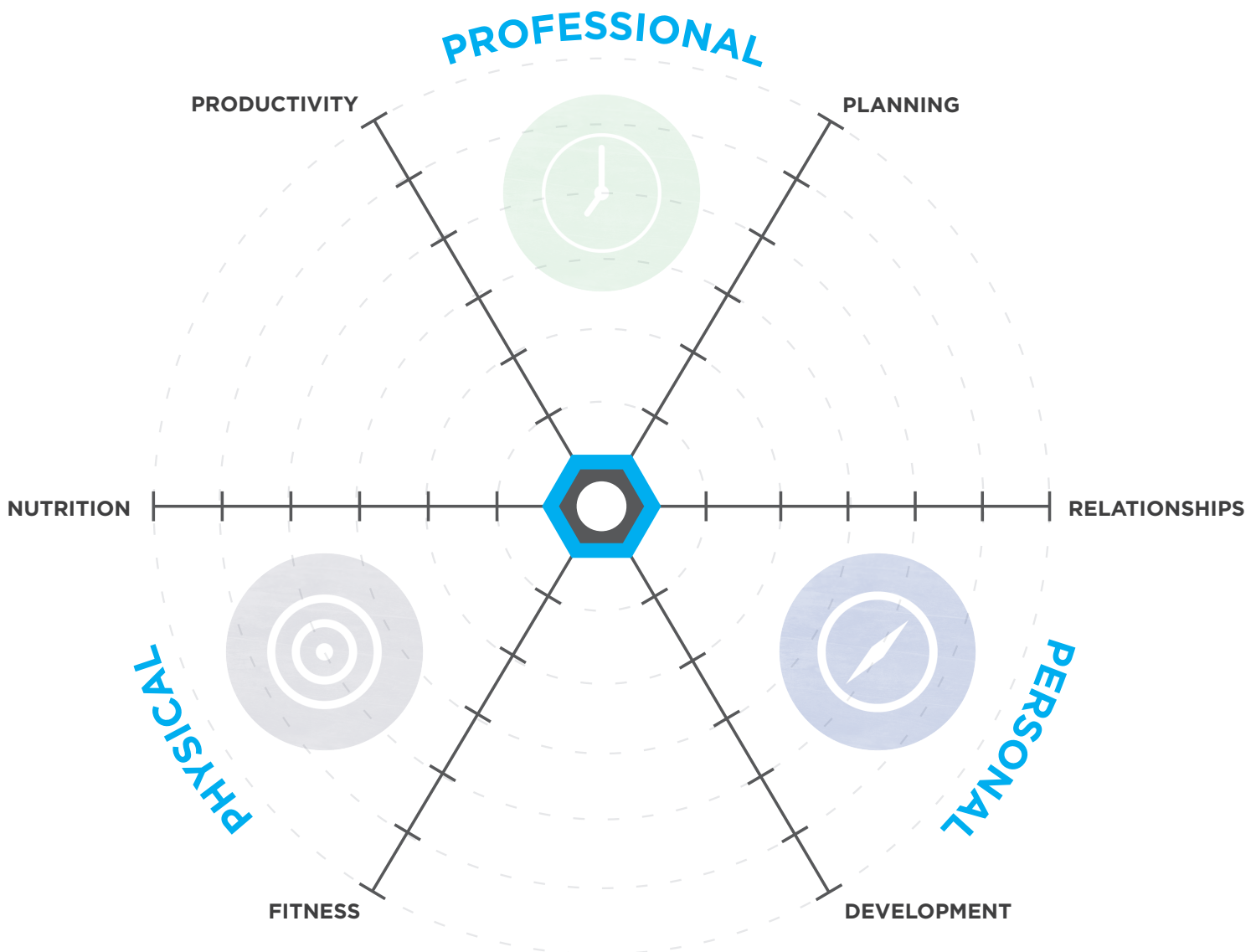
THE INDIVIDUAL ASSESSMENT WHEEL

To determine your balance and visually see where you currently stand, take your scores from the Individual Assessment and plot them on the wheel below.

Once marked on the wheel, connect the dots and you will visually see where your wheel is low or out of balance in the key areas and categories of your life.

1ST NOTCH = 21-25
2ND NOTCH = 26-30
3RD NOTCH = 31-35

4TH NOTCH = 36-40
5TH NOTCH = 41-45
6TH NOTCH = 46-50



*THE WHEEL OF LIFE IS ADAPTED FROM A CONCEPT EMPLOYED BY PAUL J. MEYER AND SUCCESS MOTIVATIONAL INTERNATIONAL, INC.

KEY

50 - 46 GRADE = A+

You're absolutely killing it! You are disciplined, focused, and motivated. This is a huge strength in your life right now. Others know you for your success. Impressive! You should be proud. Now continue and only get better but don't rest on this accomplishment.

45 - 41 GRADE = A-

You are better than most people in this area. You are improving, growing, and close to excelling. You could be satisfied at this point but with continued effort and motivation, this could be a major strength in your life. Now, go make it happen.

40 - 36 GRADE = B

You do things well (not great) most of the time but periodically fall back into bad habits. You're above average but barely. You may be justifying your answers at this point of why you're not better. A few changes could excel you or put you below average. This is a critical decision spot for you right now.

35 - 31 GRADE = C

Average describes this area for you right now. You may have good intentions but your behavior does not reflect your intentions nor your results. You struggle with inconsistency or lack of desire to change. You're flirting with a definite weakness in this area. Escape Average!

30 - 26 GRADE = D

You're really struggling in this area and have many ways to improve. You feel overwhelmed and guilty but may not be committed to change yet and as a result, keep getting the same results. This assessment has revealed many key improvement areas for you. But you're not at rock bottom and can quickly turn this area around.

25 - 21 GRADE = F

This is an area that needs massive attention in your life. You may have given up and feel hopeless. This should be a wake-up call for you to focus immediately on this obvious area of weakness to begin improvement. You can do it. One day at a time. You need to commit to change right now before you enter crisis mode and suffer serious consequences if you've not begun to feel them already.

NEXT STEPS

1. RANK YOUR STRONGEST AREA TO WEAKEST AREA (LEFT BLANK) WITH YOUR SECTION TOTAL (RIGHT BLANK):

_____ PHYSICAL _____

_____ PROFESSIONAL _____

_____ PERSONAL _____

2. REVIEW THE QUESTIONS AND ANSWERS. Determine what changes you need to make then create an action plan to implement so you can escape your average and embrace better.

3. CHECK OUT THE WEEKLY BLOG POSTS. Each week has a rhythm of the following flow:

MONDAY - BE PHYSICALLY BETTER

(Alternating between Nutrition & Fitness)

WEDNESDAY - BE PROFESSIONALLY BETTER

(Alternating between Planning & Productivity)

FRIDAY - BE PERSONALLY BETTER

(Alternating between Purpose & Character)

4. CHECK OUT THE SUGGESTED RESOURCES - there are books, workouts, apps, etc. that could be great resources to move you forward

5. CONSIDER COACHING - sometimes you simply need focus for a period of time to see maximum results. Check out the Coaching page for three different affordable options

LOOK FOR ADDITIONAL PRODUCTS AND RESOURCES AT

WWW.BRYANPAULBUCKLEY.COM

ABOUT THE AUTHOR

Bryan is a writer and coach. His mission is to help motivated, busy professionals excel in three areas only they can control in their lives:



PHYSICAL



PROFESSIONAL



PERSONAL

He currently lives in the Chicago-land area with his wife and four kids.

You can find more about Bryan on his blog,
BryanPaulBuckley.com



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