



PERFORMANCE INDICATOR ASSESSMENT

How did the world's most successful people become that way?

The following 6 arenas have been proven to directly correlate to high performance which is succeeding beyond standard norms consistently over the long term, without sacrificing wellbeing and positive relationships.

The world's largest study ever conducted in Performance Psychology analyzed over 100 factors to determine which performance variables help people achieve long term success the most. These six habits can be cultivated and improved, and they are predictive of:

- Happiness
- Confidence
- Education level
- Perceived excellence
- Life satisfaction
- Quality of interpersonal relationships
- Work quality
- Career impact
- Income

Let's find out where you are now. Go ahead and rank yourself on the following scale:
1 is low or rarely and 10 is high or often

Clarity:

Do you feel you are clear about who you are, your purpose, and the direction you want to go in life? **1 2 3 4 5 6 7 8 9 10**

Energy:

Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy? **1 2 3 4 5 6 7 8 9 10**

Courage:

Do you take action and consistently express who you truly are and what you truly think, need, and desire with the world? **1 2 3 4 5 6 7 8 9 10**

Productivity:

Are you consistently focused and effective, and are you good at minimizing distractions and maintaining priorities? **1 2 3 4 5 6 7 8 9 10**

Influence:

Do you feel you have the social influence with your family, friends, and team needed to accomplish your goals? **1 2 3 4 5 6 7 8 9 10**



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1. What do you do for a living, and why did you choose that career?

2. What are your top 3 goals you are striving to achieve right now?

3. What major stressors or challenges are you struggling with right now?