



## My Life as a Leader

Below are nine pairs of terms that are opposites of one another. They describe aspects of how you feel about your life as a leader in all parts of it. Using the scale provided, select the number that represents you now. A "1" indicates that you are very much like the word on the top and "10" indicates that you are very much like the word on the bottom. For example, if the pair of words is short and tall, a very short person would select "1," a very tall person would select "10" and a slightly below average height person, "4."

1. **Fake:** pretending to be some that I am not

2.

3.

4.

5.

6.

7.

8.

9.

10. **Genuine:** acting like my true self

1. **Unfocused:** acting in ways that lack a clear purpose or direction

2.

3.

4.

5.

6.

7.

8.

9.

10. **Purposeful:** acting in ways that help me reach important goals

1. **Rootless:** feeling unstable and lacking connection to my values

2.

3.

4.

5.

6.

7.

8.

9.

10. **Grounded:** feeling steady and connected to my values

1. **Fragmented:** feeling disconnected from the people around me

2.

3.

4.

5.

6.

7.

8.

9.

10. **Connected:** feeling strong bonds with others in my life



1. **Resentful:** feeling annoyed or angry at others in my life

2.

3.

4.

5.

6.

7.

8.

9.

10. **Supported:** feeling cared about and loved by others in my life

1. **Overwhelmed:** feeling like the demands in my life are too much to handle

2.

3.

4.

5.

6.

7.

8.

9.

10. **Resilient:** feeling fully capable of managing the demands in my life

1. **Stagnant:** feeling like I am not progressing or developing

2.

3.

4.

5.

6.

7.

8.

9.

10. **Curious:** feeling eager to grow, learn, and change

1. **Apathetic:** feeling indifferent and disinterested toward the people and activities in my life

2.

3.

4.

5.

6.

7.

8.

9.

10. **Engaged:** feeling excited and enthusiastic about the people and activities in my life

1. **Pessimistic:** feeling that the future is negative and gloomy

2.

3.

4.

5.

6.

7.

8.

9.

10. **Optimistic:** feeling that the future is positive and bright