

# Self-Leadership Risk Assessment

Evaluate each statement and fill in the appropriate number according to how much you agree with the statement.

1 - Strongly Disagree      2 - Disagree      3 - Neutral      4 - Agree      5 - Strongly Agree

1. When people are talking, I formulate a response before they are finished	
2. I consider my opinion right most of the time	
3. I consider my thoughts and abilities to be superior to most people	
4. I work much more than 40 hours a week and I do not manage my calendar well	
5. I often bring work home with me	
6. I feel physically, emotionally, relationally and spiritually drained	
7. I have some bad habits that I would like to get rid of	
8. I am distracted easily and lose focus constantly throughout the day	
9. I am not a self-disciplined individual	
10. I spend a great deal of money and time on activities that only benefit me	
11. The things I do cause me to be shameful of my actions	
12. I work so hard that I deserve a little bit of indulgence	
13. I feel estranged from my wife, husband or partner	
14. I do not have any close relationships around me that hold me accountable	
15. At this moment I am actively in conflict with a key relationship in my life	
16. I feel isolated from many of my key relationships in my life	
17. I would rather do things myself than involve others	
18. I resent others when they try and help me in some way	
19. I regularly do not take responsibility for my mistakes	
20. In the last 6 months, I have had a verbal altercation with a team mate	
21. I often wish that I could escape my life and work	
<b>SCORING INTERPRETATION:</b>	<b>Total:</b>
<p><b>Low Risk</b> 35 or Less</p>	<p><b>Medium Risk</b> 35 - 70 Points</p>
	<p><b>High Risk</b> 70 - 105 Points</p>