



Self-Leadership Assessment

Crack Your Code . Lead Yourselft

www.thegurucode.co.uk

THE GURU CODE SELF-LEADERSHIP SELF-ASSESSMENT.

Before you can lead others, you must first master leading yourself.

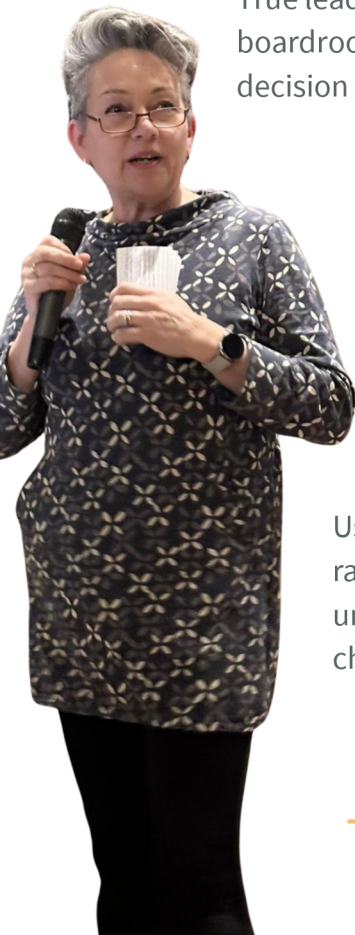
You are likely to be your most challenging and frustrating member of staff, as well as your most demanding customer and client.

True leadership doesn't start with your title, in a boardroom, or on stage; it begins quietly a single decision to meet yourself fully.

This self-assessment has been designed to help you explore where you are truly leading yourself and where you may be following old habits, fears, or stories that are past their sell-by dates.

This is not a test but a mirror.

Use this as a moment to pause, breathe, and be radically honest with yourself. Because when you understand how you lead you, everything else changes.



HOW TO USE THIS TOOL

For each statement, rate yourself on a scale of 1-5:

1= Rarely true for me

5= Consistently true for me

A. CLARITY

1. I have a clear vision of what I want to create both personally and professionally
2. My daily actions align with my bigger goals and values.
3. I know my top three priorities each week and focus my energy on them.

B. EMOTIONAL MASTERY

1. I notice my emotions without letting them control my decisions
2. I recover quickly from setbacks or criticism.
3. I can separate what's happening from the story I'm telling myself about it.



C. SELF-BELIEF & COURAGE.

1. I take bold action even when I feel fear or uncertainty.
2. I back myself, even when other don't yet see my vision.
3. I recognise when fear is disguising itself as logic.

D. GROWTH MINDSET

1. I seek feedback as fuel for growth, not as judgement.
2. I challenge my own assumptions regularly.
3. I'm willing to unlearn habits or beliefs that are past their sell-by dates.

E. INTEGRITY & ENERGY

1. I do what I say I will do, even when it's inconvenient.
2. I manage my own energy, not just my time.
3. I protect space for thinking, reflection, and renewal.



YOUR SCORE & REFLECTION

Add up your total score.

- ||| 60-75: You're walking your talk. You're living from conscious choice, not reaction. Keep stretching your edge and deepening your awareness.
- ||| 40-59: You're building strong self-leadership foundations. Focus on consistency and awareness.
- ||| Below 40: This is your ah-ha moment. It's time to pause, recalibrate, and reconnect to what really matters.

Reflection Prompts.

1. Which section had your lowest scores, and what does that reveal to you?
2. Where are you operating on autopilot instead of conscious choice?
3. What one change, if you committed to it for 30 days, would shift your performance?
4. What story might you need to release to become the leader your goals require?



Next step: From Awareness to Action.

Awareness is powerful. But awareness without action changes nothing.

If your results have stirred something, let's explore it.

Join me in a complimentary 30-minute Self Leadership Conversation, where we'll:

- Identify what's really holding progress back.
- Clarify what's next for you as a leader.
- Help you begin to crack your own code.
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Book your session **HERE** or drop me a line at **liz@thegurucode.co.uk**

Developed by Elizabeth Smith, Self-leadership Coach, NLP Trainer, and Psychometric Profiling Practitioner.

The GURU Code - Crack Your Code. Lead Yourself.

