

# Attentional Leadership™ (15 Question) Self-Assessment

Disagree ←————→ Agree  
1 2 3 4 5

TIME DIMENSIONS

1. <b>Long Future</b> (Envisioning)	I have a clear picture (mission/vision/legacy) of what success looks like in this arena right now.					
2. <b>Short Future</b> (Planning)	I have a road map (goals and plans) and maximize my time to get from where I am towards future aspirations.					
3. <b>Focus</b> (Engaging)	I maintain my focus on What's Important Now (WIN) and avoid distractions.					
4. <b>Short Past</b> (Learning)	I am getting the feedback I need (external sources and internal reflection) to course correct, learn, and improve.					
5. <b>Long Past</b> (Cultivating)	I make the most of my past experiences (successes & failures) and continually challenge my assumptions.					

INTERNAL DIMENSIONS

6. <b>Physical</b> (Acting)	I get the nutrition, exercise, and rest I need to optimize my energy, health and well-being.					
7. <b>Emotional</b> (Feeling)	I am aware of my emotions, know how to control them, and generate positive feelings when I need to.					
8. <b>Psychological</b> (Thinking):	I am in control of my thoughts, images, and perspectives and use them to optimize my motivation and performance.					
9. <b>Philosophical</b> (Valuing)	I am living my highest values, beliefs, and ideals.					
10. <b>Spiritual</b> (Aligning)	I constantly seek after principles, truths, and best practices as I move towards my purpose and potential.					

EXTERNAL DIMENSIONS

11. <b>Personal</b> (Performing)	I have the resources I need, optimize my environment, and focus on what's under my control to maximize performance.					
12. <b>Interpersonal</b> (Relating)	The relationships closest to my work and life are excellent.					
13. <b>Team</b> (Collaborating)	I am aligned and excelling in the teams I work in and serve.					
14. <b>Organization</b> (Contributing)	I am aligned and thriving in my current organization.					
15. <b>Community</b> (Serving)	The community surrounding my life and work is optimal.					



Taking a 50,000-foot view of your current situation, which of the 15 statements above stand out most for you and why?

### Want to take a deeper look?

Take the Attentional Leadership™ 1080° Sweep Assessment ([www.1080Sweep.com](http://www.1080Sweep.com)) for a comprehensive review of your Flow Assets, Flow Liabilities, and your own Personal Flow Formula to focus on your WIN.

What is the next step you need to take?