



Heroic Character Self Evaluation

Test Your Heroic Mettle. See how evolved you are on each of the heroic parameters.

Scoring:

- 1 - 4 - Needs a lot of attention. Could be severely hampering you from effectively functioning in the world
- 5 - 7 - Focus on further development can help you achieve your full potential
- 8 - 9 - With some fine tuning, could help you become even more effective
- 10 - A great strength that allows you to maximize your potential and fulfill your dreams!

For more information about how you can further develop your heroic character see www.heroicjourney.com.

| Description | Undeveloped → Fully Developed |
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| 1. Clear Sense of Self My choices and actions are guided from within. | Total Score from 1. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I am able to distinguish between society's values and beliefs and those reflective of my own nature and choosing. | 1 2 3 4 5 6 7 8 9 10 |
| b. I have a strong moral compass that directs my actions. | 1 2 3 4 5 6 7 8 9 10 |
| c. I love myself and appreciate who I am. | 1 2 3 4 5 6 7 8 9 10 |
| d. I radiate self-confidence. | 1 2 3 4 5 6 7 8 9 10 |
| 2. Authenticity I have internal and external harmony. | Total Score from 2. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I am dedicated to discovering and living from my personal truth. | 1 2 3 4 5 6 7 8 9 10 |
| b. I walk my talk. | 1 2 3 4 5 6 7 8 9 10 |
| c. I acknowledge and forgive myself for my shortcomings. | 1 2 3 4 5 6 7 8 9 10 |
| d. I am able to laugh at my "humanness." | 1 2 3 4 5 6 7 8 9 10 |

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| 3. Heart-Felt Connection to Others I am open-hearted in my contact with other human beings. | Total Score from 3. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I listen deeply to what others have to say. | 1 2 3 4 5 6 7 8 9 10 |
| b. I have compassion for the challenges others face. | 1 2 3 4 5 6 7 8 9 10 |
| c. I appreciate the differences between people and value the richness and diversity those differences brings to life. | 1 2 3 4 5 6 7 8 9 10 |
| d. I actively seek collaboration and partnership opportunities. | 1 2 3 4 5 6 7 8 9 10 |
| 4. Passionate Enthusiasm I live life boldly and fully. | Total Score from 4. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I have an optimistic attitude about life. | 1 2 3 4 5 6 7 8 9 10 |
| b. I am eager to discover and fulfill my life's mission. | 1 2 3 4 5 6 7 8 9 10 |
| c. I take personal responsibility for my thoughts and actions. | 1 2 3 4 5 6 7 8 9 10 |
| d. I accept challenges that push me to evolve beyond my perceived limitations. | 1 2 3 4 5 6 7 8 9 10 |
| 5. Seeker of Purpose and Meaning I find value in everyday experiences. | Total Score from 5. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I see life in a context that brings me fulfillment, joy, and inner peace. | 1 2 3 4 5 6 7 8 9 10 |
| b. I have a healthy sense of my place in the world. | 1 2 3 4 5 6 7 8 9 10 |
| c. I am open to learning from both positive and negative experiences. | 1 2 3 4 5 6 7 8 9 10 |
| d. I am alert to synchronicities (meaningful coincidences), knowing that they provide me with important messages or answers. | 1 2 3 4 5 6 7 8 9 10 |

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| 6. Leadership I demonstrate my leadership capabilities regardless of my title or position in an organization. | Total Score from 6. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I am a visionary, who can see practical bridges to the future. | 1 2 3 4 5 6 7 8 9 10 |
| b. I focus on finding creative solutions in the midst of difficulty. | 1 2 3 4 5 6 7 8 9 10 |
| c. I courageously take right action even when the personal consequences may be high. | 1 2 3 4 5 6 7 8 9 10 |
| d. I act as an example for others to follow even when no one is looking. | 1 2 3 4 5 6 7 8 9 10 |
| 7. Service-Oriented Perspective My willingness to serve extends beyond my self interests. | Total Score from 7. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I feel a strong sense of responsibility for the good of all concerned. | 1 2 3 4 5 6 7 8 9 10 |
| b. I am able to balance my needs with the wellbeing of others. | 1 2 3 4 5 6 7 8 9 10 |
| c. I use my special talents as an outlet of self-expression AND for the benefit of others. | 1 2 3 4 5 6 7 8 9 10 |
| d. I am an effective <i>agent of change</i> in service to society and the planet. | 1 2 3 4 5 6 7 8 9 10 |
| 8. Awareness My internal observer plays and active role in my life. | Total Score from 8. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I easily access both intuitive and logical ways of knowing. | 1 2 3 4 5 6 7 8 9 10 |
| b. I am able to be both a player in my life and the director choosing how I play out the role. | 1 2 3 4 5 6 7 8 9 10 |
| c. I am open to learning and evolving based on new input and experiences. | 1 2 3 4 5 6 7 8 9 10 |
| d. I see the key factors in situations that can lead to transformational change. | 1 2 3 4 5 6 7 8 9 10 |

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| 9. Commitment to Excellence I aspire to do my best. | Total Score from 9. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I am self-motivated to achieve my goals and dreams. | 1 2 3 4 5 6 7 8 9 10 |
| b. I have a clear understanding of the differences between "excellence" and "perfection." | 1 2 3 4 5 6 7 8 9 10 |
| c. I have a healthy balance in my life between "doing" and "being." | 1 2 3 4 5 6 7 8 9 10 |
| d. My success is based not only on external outcomes, but also on my ability to do my best on a moment by moment basis. | 1 2 3 4 5 6 7 8 9 10 |
| 10. Resilience I am able to bounce back from adversity. | Total Score from 10. a-d <input type="text"/> divided by 4 = <input type="text"/> |
| a. I persevere despite difficulties. | 1 2 3 4 5 6 7 8 9 10 |
| b. I easily adapt to changing environments. | 1 2 3 4 5 6 7 8 9 10 |
| c. I am hopeful about the future. | 1 2 3 4 5 6 7 8 9 10 |
| d. I am able to see humor in the human drama. | 1 2 3 4 5 6 7 8 9 10 |