

## Path of Development Self-Assessment

Rage yourself on a scale of 1 (not true) to 5 (completely true) for each of the following items then total each section. You may apply this assessment to your whole life or to just a part of it.

### Legacy Stage

**Current Total:** \_\_\_\_\_

I am completely satisfied with the work I do	
Others acknowledge and honor me frequently	
My actions flow naturally from my life purpose	
I am genuinely interested in other people	
I regularly experience a tremendous exchange of value with others	
My contribution to the world is clear, focused and powerful	

### Fulfillment Stage

**Current Total:** \_\_\_\_\_

I make decisions based on my principles and values	
I am experiencing a high level of success	
Overall, my work is very rewarding for me personally	
The impact I have on others is consistent with what I want	
My feelings are highly meaningful to me	
All of my regular relationships are synergistic and satisfying	

### Attraction Stage

**Current Total:** \_\_\_\_\_

My network of personal relationships is evolving quickly	
The people in my life add energy, they don't take it away	
I have forgiven myself and others for everything, unconditionally	
I enjoy most things in life and amuse myself easily	
I don't get triggered by people or circumstances	
Opportunities abound in my life	

### Adult Stage

**Current Total:** \_\_\_\_\_

I am fully responsible for everything in my life	
I respond consciously to people and situations versus reacting	
I am aware that I have choice about everything	
I am clear about what I want and don't want	
I am motivated by my own desires not by reacting to situations	
My standards are well defined and I live by them	

**Personal Foundation Stage**

**Current Total:** \_\_\_\_\_

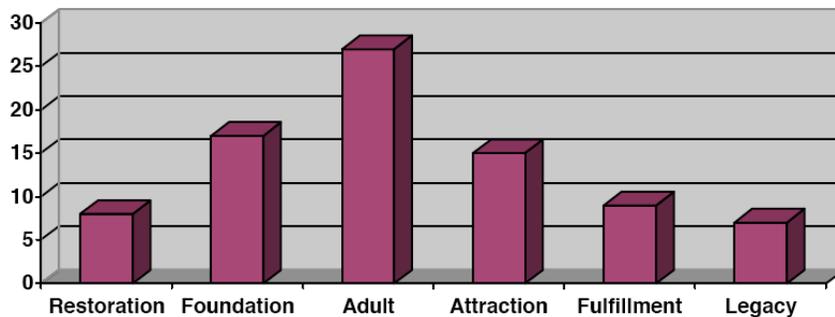
I am aware of the patterns I've developed in my life	
I am making progress and feel like I'm gaining integrity or wholeness	
I feel optimistic about a brighter future	
I have got my personal work cut out for me and I know I can do it	
I am cleaning up all the things in my life that need cleaning	
I have the power to choose the kind of changes I want	

**Restoration Stage**

**Current Total:** \_\_\_\_\_

Things change frequently in my life (jobs, relationships, addresses, etc.)	
I am recovering from past relationships, traumas, and emotional scars	
I am dealing honestly with my addictions and compulsions	
I often feel overwhelmed by situations in my life	
I am searching for something but I'm not sure exactly what it is	
I often feel frustrated, moody and/or needy	

The highest total you have in any section tells you the stage you are experiencing. People experience stages simultaneously at different levels. You may want to graph your path of development like this:



Tom Heck

Are you ready to advance along your path of development faster? I can help you get from where you are to where you want to be with greater ease while helping you have fun along the way. The results will amaze and astound you and you'll become a better leader. Send me an email and we can set-up a complimentary, no obligation 15-minute coaching session.

[tom@teachmeteamwork.com](mailto:tom@teachmeteamwork.com)