



Leadership Assessment Worksheet

Brought to you by **Team Unleash Your Potential**



Complete this worksheet to see where you're at on your leadership journey. All leadership concepts described in this worksheet are part of our Leadership for Teens course.

Section 1: Paradigms

- 1) You get irritated when other people disagree with your opinion.
- 2) People whose opinion is different from yours aren't as smart as you.
- 3) Learning is easier when you isolate yourself so you can focus.
- 4) You don't actively try to make others feel good.
- 5) When things don't go your way its not your fault.
- 6) Things for you would be better if other people did more for you.

Disagree					Agree	
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		

Section 2: Self-awareness

- 7) I'm not really sure what motivates me.
- 8) I don't know how others see me.
- 9) I can't think of anything that I'm proud of.

Disagree					Agree	
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		

Section 3: Time Management

- 10) I just go with the flow.
- 11) My parents run my schedule.
- 12) I miss deadlines for assignments but its not a big deal.

Disagree					Agree	
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		

Section 4: Resume Building

- 13) I don't have a resume.
- 14) I'm not sure what my skills are.
- 15) I don't think I need a resume.

Disagree					Agree	
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		

Section 5: Strategic Planning

- 16) I live in the now.
- 17) I haven't even thought about what comes after high school.
- 18) Things will just fall into place on their own.

Disagree					Agree	
1	2	3	4	5		
1	2	3	4	5		
1	2	3	4	5		

Scoring:

Add your scores for each section and put the total in the appropriate block. Add all the scores to calculate your total.

Section: **1** **2** **3** **4** **5** **Total**

Score:

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Interpreting your score:

- 18-25: Natural Leader, exposure to new leadership concepts can help take you to the next level.
- 26-54: On your way to being a leader, opportunity for some refinement of leadership skills.
- 55-75: Opportunity to develop leadership skills.
- 76-90: Opportunity to discover leadership concepts and build new skills.

Visit teamuyp.com/leadership-for-teens for information on our leadership course.



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Section 1: Paradigms

- 1) You get irritated when other people disagree with your opinion.
- 2) People whose opinion is different from yours aren't as good as you.
- 3) Learning is easier when you isolate yourself so you can focus.
- 4) You don't actively try to make others feel good.
- 5) When things don't go your way it's not your fault.
- 6) Things for you would be better if other people were made for you.

Disagree		Agree		
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Section 2: Self-awareness

- 7) I'm not really sure what motivates me.
- 8) I don't know how others see me.
- 9) I can't think of anything that I'm good at.

Disagree		Agree		
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Section 3: Time Management

- 10) I just go with the flow.
- 11) My parents run my schedule.
- 12) I miss deadlines for assignments but it's not a big deal.

Disagree		Agree		
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Section 4: Resume

- 13) I don't have any skills.
- 14) I'm not sure what my skills are.
- 15) I don't think I need a resume.

Disagree		Agree		
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Section 5: Strategic Planning

- 16) I live in the now.
- 17) I haven't even thought about what comes after high school.
- 18) Things will just fall into place on their own.

Disagree		Agree		
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Scoring:

Add your scores for each section and put the total in the appropriate block. Add all the scores to calculate your total.

Section:	1	2	3	4	5	Total
Score:	19	8	5	4	8	44

Interpreting your score:

- 18-25: Natural Leader, exposure to new leadership concepts can help take you to the next level.
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