



Self-Assessment

Treasure Inside: 23 Unexpected Principles That Activate Greatness

Principle 1: Diamonds

- I consistently look for hidden potential in my current circumstances.
- I recognize and resist the temptations to find the grass greener on the other side of the fence.

Principle 2: Pressure

- I welcome the pressures I experience day-to-day because I recognize the refining impact they have on who I am becoming.
- I am able to recognize several negative facets of difficult experiences, both good and bad.

Principle 3: Optimism

- I have accepted responsibility for managing my thoughts, realizing that I move toward what I think about day to day.
- I intentionally limit my exposure to negative thinking patterns in relationships, the media and online.
- I have written an exciting description of who I want to become in the future and I refer to it at least once every week.
- I have written lifetime goals for what I want to achieve and I refer to them at least once a month.
- Overall, I believe I am optimistic about my future potential and I am committed to pursuing it.

Principle 4: Possibilities

- I have reflected and journaled within the past twelve months about what my potential is in the future.
- I consistently set aside time each week with the specific purpose of pursuing my future potential.
- I invest my own money each year in professional development and my investment is proportionate to the goal of optimizing my potential.
- I have written affirmations that reflect who I am as my "better self" and I repeat these daily.
- I regularly put myself into challenging or stretching situations to accelerate my learning.

Principle 5: Refinement

- Most days I read at least 30 minutes from books that help develop me professionally and personally.
- I outline or summarize the books I read at least 50% of the time.
- I set new professional development goals or create new actions plans based on the books I read.
- I have read at least 5 books on professional development over the past 12 months.
- I have given away at least 10 books (single or multiple titles) to others over the past 12 months because of the impact these books had on my life.

Principle 6: Choices

- I can think of at least three significant choices I made in the past that changed the course of my life for the better.
- When confronted with failure or disappointment, most of the time I choose to focus on what I can control instead of losing energy worrying about or resenting what I cannot control.
- I can think of three specific choices I am intentionally implementing right now that cut against the grain of just following of the path of least resistance.
- I am consistently conscious of what attitudes will empower me to do the most good in my life.
- I have a thoughtful, written blueprint for the thoughts, attitudes and actions that will empower me, regardless of my situation.

Principle 7: Visualize

- I have written a vision of who I want to become and what I want to achieve in the next ten years (or longer).
- I have a system and am able to devote part of my energies every day to my most important goals, even if they are not urgent.
- I have been consciously aligning my thoughts, attitudes and actions around a clearly defined vision of the future for the last 12 months (or longer).
- I have a plan for what I need to do over the next 6 – 12 months to keep moving in the direction of my vision.

Principle 8: Intention

- I have a list of financial, physical, intellectual, social and/or spiritual goals for the next 3 – 5 years.
- My goals are consistently SMART (specific, measureable, achievable, relevant, time bound) and written.
- I have intermediate goals for the next 3 – 12 months that are written and I refer to them at least once a month.
- I set monthly goals that I have an 80% chance or better of achieving and I consistently record my results.
- I share my goals with at least one other person who can encourage and challenge me.

Principle 9: Providence

- I consistently make and keep commitments to myself.
- I am not afraid to make big commitments that will change my future.
- Once I have made a commitment, I am tenacious and I will not accept excuses, only results.
- Once I have made a commitment, I expect and look for Providence to help.

Principle 10: Intensity

- On a scale of 1 – 10, my current level of desire to push for my optimal potential is higher than a “7” (with 10 being the highest).
- I have a written life mission or purpose statement that energizes me whenever I take time to reflect on it.
- I regularly go to bed with a good fatigue, feeling that I have given my best for that day.
- I consistently feed my own motivation by spending time with others who are intensely focused on growing and achieving more.
- I set aside time at least once every month to reflect on or meditate about my purpose and goals for the purpose of intensifying my desire.

Principle 11: Discontentment

- I have identified the gaps between where I currently am and where I want to be within the next six months (either professionally, socially, spiritually, physically, or financially).
- I leverage discontentment in my life as a motivator to make changes for the better.

Principle 12: Pain

- I can identify pain or disappointment in my life that is symptomatic of a deeper problem I need to address in order to fulfill my greatest potential.
- When faced with a major setback or failure, I accept it and look for the hidden opportunity or benefits.
- When faced with a significant problem, I will face it directly and use its personal impact to intensify my commitment to take action.
- Instead of avoiding interpersonal conflict, I confront it and seek to become a better person as a result.
- I do not blame others or circumstances for my problems, realizing instead that every problem contains the seeds of equivalent or greater benefit.
- I acknowledge my shortcomings and failures quickly instead of blaming, defending or denying.

Principle 13: Enthusiasm

- Most days, my level of enthusiasm for my life, my work and my relationships is above a “7” on a scale of 1 – 10 (with 10 being the highest).
- Others would probably describe me as someone who gives them energy because of my enthusiasm.
- Others would rarely, or never, describe me as a complainer.

- My enthusiasm comes from positive expectations for the future.
- I am aware of and manage (or avoid) situations that will steal my enthusiasm for my work, my life, or my relationships.
- I use physical, mental, emotional and/or spiritual disciplines to build and maintain my enthusiasm.

Principle 14: Persistence

- I accept setbacks and failure as part of the journey and I don't let them destroy or compromise my vision for the future.
- I am aware of times when I feel like quitting and I intentionally decide to keep moving forward toward my vision and goals.
- When I feel that I have let myself or others down, I accept it as past and don't let it prevent me from re-committing to a better future.
- When circumstances or people have frustrated and discouraged me, I refuse to play the role of a victim and give away my power for the future.
- I revisit my vision and goals at least once a month to renew and sharpen my focus.
- Based on a consideration of my experiences, I believe I am more persistent in pursuing my greatest potential today than I was 12 months ago.

Principle 15: Listening

- I don't interrupt others or finish their sentences for them.
- I don't listen with the primary intent of correcting others or impressing them by how I respond.
- In most conversations, I listen more than 50% of the time.
- I believe I listen well enough to be an advocate for the person who is speaking.
- Most of the time, I listen carefully to my spouse or closest friends without wandering or pretending.
- When I disagree with another person, I slow down and take time to confirm that I understand them fully before stating my position.

Principle 16: Friendship

- I value friendship as an end by itself.
- I have helped at least three friends with a personal need within the last thirty days.
- I have made at least three new friends over the last thirty days.
- I have hugged someone other than a family member within the last week.
- I don't talk in a friend's absence differently than I do in their presence (in other words, I don't gossip or criticize when they are not present).
- I have at least one friend who would give up a weekend to help me deal with a big problem or need in my life.

Principle 17: Energy

- I exercise at least five days a week, including both aerobic and weight bearing activities.

- I drink at least eight glasses of purified water each day.
- I consistently sleep over seven hours each night.
- I don't eat more than 20% of my calories from packaged foods.
- I eat at least five servings of fruits and vegetables every day.
- I take one or more antioxidant supplements daily.
- I practice deep breathing at least three times per week.

Principle 18: Faith

- My spiritual life is an important source of wisdom, guidance and motivation for me.
- My spiritual beliefs have been melded both by holy writings and personal experience.
- My spiritual beliefs challenge and appeal to my better self rather than justify or excuse undisciplined behavior.
- I believe I am happier, stronger, and more purposeful as a person because of my spiritual beliefs.

Principle 19: Prayer

- I pray and ask for guidance and strength almost every day.
- I pray out loud with someone else at least three times every week.
- Listening for God's inner voice is an important part of my times of prayer.
- I believe I have seen specific, tangible answers to my prayers.
- I believe my prayers are answered, even if it isn't always in the way or time that I want.
- I consistently pray for others.

Principle 20: Transformation

- I apologize and ask for forgiveness out loud when I have failed myself, others, or God.
- I deliberately agree with truths, principles and standards of conduct stated in the scriptures.
- I have consciously and intentionally forgiven someone else for hurting me in the past thirty days.
- When I decide to change a behavior or attitude, I follow this decision with a new behavior or attitude.
- I have shared my shortcomings with another person and asked them to pray with me within the last six months.
- I view myself as someone loved and forgiven by God, rather than being regularly tormented by a sense of failure and guilt.
- I am able to forgive myself for my failures and weaknesses.

Principle 21: Relationship

- I can say that I have experienced and felt God's Presence within the last 90 days.
- My times of worship intensify my awareness of the spiritual realities in my life and circumstances.

- I have more self-control and peace as a result of my relationship with God.
- I feel prompted with new guidance as a result of listening for God's voice and direction.
- I follow through and take action based on the spiritual guidance I receive.

Principle 22: Gratitude

- I have told someone "thank you" within the last 24 hours.
- I have written at least three "thank you" notes to others within the last 30 days.
- If asked, I could make a list of 20 reasons within five minutes for why I am a thankful.
- If someone recorded all of the words I spoke in a day, my expressions of gratitude would outnumber by complaints by at least five to one.
- At this moment, I feel blessed and have more a sense of gratitude than a feeling of frustration, disillusionment, or unhappiness.

Principle 23: Giving

- I enjoy giving of my time, talent or resources to others or for a particular cause.
- I give at least 10% of my income away each month.
- I regularly give to those who have less than me without any thought of their ability to give something in return.
- I have given something positive, either tangible or intangible, to someone I don't like or someone who has opposed me, within the last thirty days.
- I look for opportunities to give or contribute without any expectation of being recognized.

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