

"In Your Power" Assessment



I. Do you feel more like the “thermometer” or the “thermostat” on a typical day?

1. Mostly the thermometer; I react to and play off others’ moods and actions
2. I feel like both.
3. I’m usually the thermostat; I create the “weather” around me.

II. How often do you react emotionally, not respond with thoughtful intention?

1. Very often.
2. Sometimes.
3. Rarely.

III. When you get emotionally hijacked by a situation, how quickly do you recover and stop obsessing about it?

1. I rehash it all day and for several days or weeks.
2. It might carry it with me throughout the day, but then I start to feel better.
3. I get back to my center quickly.

IV. When you’re in a situation that’s not going your way, how often do you blame the other person(s)?

1. I often blame the other person and stay mad at them for not changing.
2. I blame the other person, but over time I also can see how I could learn from it.
3. I know how to see the ways any situation can serve my growth and my life goals.

V. How often do you worry about other’s judgments?

1. I often worry about what other people will think about me.
2. Sometimes I worry about what others think, but other times I know who I am and don’t worry.
3. I am confident; I focus on the work or supporting others, not on judgments.

VI. How often do you get deflated because you don’t feel heard?

1. Often—regularly I feel that I’ve said something multiple times but don’t get buy-in or others following my direction.
2. Sometimes.
3. Not much—I know how to communicate with others effectively so they understand me and take action on my ideas.



VII. How well do you set boundaries and share your truth?

1. Not well at all—I say yes when I mean no. I get angry at others for crossing my boundaries, but I don't say anything. I don't feel comfortable sharing my truth.
2. Sometimes but only with people I feel really comfortable with.
3. I set boundaries, I minimize my interactions with toxic people, and I share my truth. I feel great about it!

VIII. How often do you feel stuck and frustrated you can't get others to cooperate with what you need in important relationships?

1. Often
2. Sometimes.
3. Rarely

You can find out how much you are in your power by adding up the number that corresponds to your answer for each question.

If you got a score 20 and above, congratulations; you spend a good deal of your life in your power and probably are a great role model, leader, and mentor for others!

If you got a score 16–20, you have some experience being in and staying in your power, but might feel there are still too many times you can get kicked out of your power. You're starting at a great place, and there's many strategies that will help you stay in your power.

If you got a score 15 or below, you're spending a good deal of your time out of your power. I'm excited for you to learn many strategies to get into and stay in your power!

