

AGILE LEADER BASELINE SELF ASSESSMENT

ANSWER THE QUESTIONS WITH THE FOLLOWING SCALE. TOTAL YOUR ANSWERS TO GET YOUR PERSONAL AGILITY SCORE. ALWAYS = 2 | FREQUENTLY = 1 | NEVER = 0

☐

I feel anxious, worried or overwhelmed in my life.

☐

I feel like my environment is stressful.

☐

I'm fearful of what the future holds.

☐

I reflect on my fears or worries.

☐

I feel comfortable with change.

☐

I go out of my way to seek change.

☐

I prioritize my personal needs over others' demands.

☐

I feel confident in my skills and abilities to adapt to the future.

☐

I enjoy changing priorities and projects.

☐

Reflect on the last 12 months of your life. On a scale of **1** (*Not at All!*) to **10** (*I Can Handle Anything!*), how comfortable are you with changes in life and work?

PERSONAL AGILITY SCORE

22-15 PRO

15-8 MODERATELY AGILE

0-8 BEGINNER