

How sustainable is your leadership right now?

This quick self-check helps you reflect on your current **energy, resilience, and clarity** as a leader. It's not a diagnostic tool — just a short, insightful exercise to help you notice how you're doing and where you may need to refocus.

Instructions

For each statement, rate how true it feels for you today:

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

A. Energy & Resilience

- ☐ I consistently have the energy I need to lead effectively throughout the week.
- ☐ I bounce back quickly after high-stress periods or setbacks.
- ☐ I maintain healthy routines (sleep, nutrition, exercise) even during busy times.

B. Clarity & Decision-Making

- ☐ I can make important decisions without feeling mentally overloaded.
- ☐ I balance short-term demands with long-term strategic thinking.
- ☐ I can focus on priorities without constant distraction or urgency pulling me off course.

C. Sustainable Leadership

- ☐ I feel confident that I can maintain my current pace of work over the next 6–12 months.
- ☐ I have strong boundaries that protect time for recovery, reflection, and personal well-being.
- ☐ My team would describe me as resilient and calm under pressure.

Scoring

- 1 Add up your total score (range = 9 to 45).
- 2 Find your profile below.

Score Range	Profile
36 – 45 Strong Vitality	You have a solid foundation of energy and resilience. Keep doing what works and look for ways to sustain and fine-tune your habits over time.
24 – 35 At Risk	You're performing well, but small cracks may be showing — signs of fatigue, blurred boundaries, or decision overload. A few targeted changes now could prevent future burnout.
9 – 23 High Risk	You may be running on fumes. Without intentional changes, your performance and well-being could be at risk. This is a signal to pause, recharge, and seek support.

Reflection Prompt

After reviewing your score, take a moment to note:

What's one area I'd like to strengthen over the next month to protect my leadership vitality?

Ready to Go Deeper?

Founding participants in the **Vitality Leadership Coaching Pilot** will:

- Complete a full **Leadership Vitality Index**
- Receive a personalized **1:1 debrief** with **leadership coach**
- Get tailored coaching to improve their energy, focus, and sustainable performance

 **Apply today — only 5 founding seats available**

 [Apply for Pilot](#)

