

 The six lenses

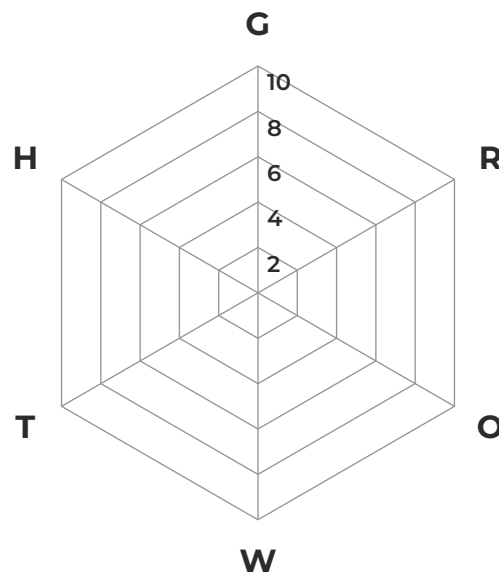
GROWTH Self-Assessment

All six ways of seeing, scored on one sheet.

Come back to this every month or so. The change over time is the point rather than the absolute number, and a low score is information about where to aim rather than a verdict on you.

Plot Your Radar

Mark your score (1 to 10) on each spoke, then join the dots. The shape shows your GROWTH profile at a glance, and where the work is.



Rate Yourself

 Core

1 = 'this is not me at all.' 10 = 'I do this consistently.' No judgement. Just truth.

G: Grounded I see situations clearly and accept where I am without harsh self-judgement.

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (circle one)

R: Resonant My goals match my actual values, not what others expect.

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (circle one)

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O: Outward I connect with others; I seek and offer support.

1 2 3 4 5 6 7 8 9 10 (circle one)

W: Within Reach I focus on what I can control and start small.

1 2 3 4 5 6 7 8 9 10 (circle one)

T: Transformative I'm open to real change and learn from difficulty.

1 2 3 4 5 6 7 8 9 10 (circle one)

H: Harmonious I look after all areas of my life, not just one.

1 2 3 4 5 6 7 8 9 10 (circle one)

My strongest element:

My weakest element:

What does this pattern tell me about where to focus first?

Low scores are not failures. Your lowest score often points to the thing that, improved, would unlock progress everywhere else.