



Are You Limitless for Life?

Being Limitless means that you have the skills, confidence and self belief to excel in all areas of your life. Take a look at the statements below and rate yourself against each one. The scoring sheet at the end will help you see your strengths and areas to work in in the four key areas we believe contribute to your personal excellence, Speaking Out, Stepping Up, Embracing Change and Valuing Yourself.

Section 1:

Question	Never (Score 1)	Rarely (Score 2)	Sometimes (Score 3)	Often (Score 4)	Always (Score 5)
1. I feel comfortable meeting people for the first time					
2. I am able to say when I disagree with friends/colleagues					
3. I am able to expressing my feelings to others					
4. I am able to retain my own opinions when listening to others					
5. I can get my points across in a clear and concise manner					
6. I listen to understand before giving my opinion					
Total Score Section 1					

Section 2:

Question	Strongly Agree (Score 5)	Agree (Score 4)	Neither Agree/Disagree (Score 3)	Disagree (Score 2)	Strongly Disagree (Score 1)
1. I am able to respond positively to criticism					
2. I am happy to talk about myself and my achievements					
3. I enjoy learning new things and taking on new challenges					
4. I regularly set myself challenging goals					
5. I am as capable as the people I work with					
6. There are no limits to what I can achieve if I set my mind to it					
Total Score Section 2					



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Section 3:

Question	Never (Score 1)	Rarely (Score 2)	Sometimes (Score 3)	Often (Score 4)	Always (Score 5)
1. I will ask for help from others if I need it					
2. I enjoy working in a changing environment					
3. I take full responsibility for my successes and mistakes					
4. I regularly look for new and more effective ways to do things					
5. When faced with a challenge I focus on what I can do first					
6. I am in control of how I feel about people and situations					
Total Score Section 3					

Section 4:

Question	Strongly Agree (Score 5)	Agree (Score 4)	Neither Agree/Disagree (Score 3)	Disagree (Score 2)	Strongly Disagree (Score 1)
1. I value my own experience and wisdom					
2. I am aware of my beliefs and how they may help or hinder my progress					
3. I know what is important to me in my life					
4. I am comfortable with my work/life balance decisions					
5. My needs are as important as those of the other people in my life					
6. I am a true representation of myself					
Total Score Section 4					



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Results:

Section	Score	Result/ Your Action Plan
Speak Out - communicate clearly, confidently and authentically even in the most challenging of situations.		
Step Up – understanding not just what you can do now but also what you are capable of in the future.		
Embrace Change - working confidently and proactively in changing environments.		
Value Yourself – making empowering choices that reduce conflict and stress and lead to greater satisfaction and success.		

What your scores mean:

- 22 – 30 : *You are Limitless for Life in this area, celebrate!*
- 14 – 21: *You are a work in progress – notice all the positives as well as the areas to work on. Look at the questions where you score 3 or less, what could you do to improve your score by 1 point?*
- 6 – 13: *This is an area to work on for you – the smallest change may make a big difference! Take it one step at a time. What is the first response you would like to improve? What could you do in the next week to work towards that change?*

For more information about being Limitless for Life, please contact Alison Burgess.

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