

# THE TEN TRUTHS SELF-ASSESSMENT

Locate yourself before you begin. Ten Truths, one honest score each — and one place to start.

One caution: the question is not whether you perform a Truth well — it is what it costs you to perform it. The most practiced performers rate highest on the very Truths draining them most.

MY SCORE

Select one number per Truth · 1 = rarely true · 5 = consistently true

1

2

3

4

5

## 1 S STILLNESS EMBRACED

Do I create space for restoration and inner clarity — or do I live in constant noise and motion?

## 2 O OVERCOMING THE FIVE HINDRANCES

Do I recognize the internal forces that cloud my judgment and distort my perception?

## 3 V VALUE HEALTH AND ENERGY

Do I manage my energy with intention and discipline — or do I spend it until I collapse?

## 4 E EXIST IN THE PRESENT

Am I fully available to the moment I am in — or is my mind already somewhere else?

## 5 R RELISH EVERY MINUTE

Do I experience my life as I live it — or do I rush through it to reach the next task?

## 6 E EXTEND HAPPINESS TO OTHERS

Does my presence strengthen the people around me — or does it add weight to the room?

## 7 I INCORPORATE JOY IN SMALL WINS

Do I notice and name daily progress — or do I only measure what has not yet been finished?

## 8 G GRATITUDE PRACTICED

Do I anchor myself in what is already present and working — or am I driven by what is missing?

## 9 N NON-ATTACHMENT MASTERED

Can I stand whole without rank, title, praise, control, or a guaranteed outcome?

## 10 S SOVEREIGN RESPONSIBILITY TAKEN

Do I lead from ownership — or do I react from pressure, blame, and circumstance?

## TALLY YOUR SCORE

*Adds up automatically.*

TOTAL (OUT OF 50)

THE TRUTH ASKING FOR MY ATTENTION

DATE

RE-MEASURE ON

NEW TOTAL

## WHAT YOUR TOTAL MEANS

10–24

**RUNNING ON PERFORMANCE**

Most of your capacity is going into holding the line. Do not fix ten things. Take your lowest Truth and give it one practice this week.

25–34

**HOLDING, WITH COST**

You are managing well in most rooms, but something is paying for it. Your two lowest Truths are where that bill is coming due.

35–44

**MOSTLY SOVEREIGN**

The system is working. The risk at this level is drift, not collapse — protect the Truth that is holding the rest up.

45–50

**STEADY — OR PERFORMING WELL**

Read the caution again and score yourself once more, honestly. Straight high marks across all ten are rare, and the most practiced performers score highest on what drains them most.

## WHERE YOU LAND

## YOUR NEXT SEVEN DAYS

*One Truth. One practice. Not ten.*

The one Truth I am working

The single practice I will run daily

What I will stop doing to make room

Who will know I am doing this

*“Your lowest score is not a failure. It is your first point of recalibration.”*

GO DEEPER: THE SOVEREIGN LEADER — AVAILABLE ON AMAZON