

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	Circle one number per Truth · 1 = rarely true · 5 = consistently true	1	2	3	4	5
1	S STILLNESS EMBRACED <i>Do I create space for restoration and inner clarity — or do I live in constant noise and motion?</i>	1	2	3	4	5
2	O OVERCOMING THE FIVE HINDRANCES <i>Do I recognize the internal forces that cloud my judgment and distort my perception?</i>	1	2	3	4	5
3	V VALUE HEALTH AND ENERGY <i>Do I manage my energy with intention and discipline — or do I spend it until I collapse?</i>	1	2	3	4	5
4	E EXIST IN THE PRESENT <i>Am I fully available to the moment I am in — or is my mind already somewhere else?</i>	1	2	3	4	5
5	R RELISH EVERY MINUTE <i>Do I experience my life as I live it — or do I rush through it to reach the next task?</i>	1	2	3	4	5
6	E EXTEND HAPPINESS TO OTHERS <i>Does my presence strengthen the people around me — or does it add weight to the room?</i>	1	2	3	4	5
7	I INCORPORATE JOY IN SMALL WINS <i>Do I notice and name daily progress — or do I only measure what has not yet been finished?</i>	1	2	3	4	5
8	G GRATITUDE PRACTICED <i>Do I anchor myself in what is already present and working — or am I driven by what is missing?</i>	1	2	3	4	5
9	N NON-ATTACHMENT MASTERED <i>Can I stand whole without rank, title, praise, control, or a guaranteed outcome?</i>	1	2	3	4	5
10	S SOVEREIGN RESPONSIBILITY TAKEN <i>Do I lead from ownership — or do I react from pressure, blame, and circumstance?</i>	1	2	3	4	5

TALLY YOUR SCORE

Add your ten scores.

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.

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