



Whole Person Awareness Assessment (WPAA)

Leadership is a whole person endeavor. This assessment is designed to raise your awareness of the integral relationship among the intellectual, physical, emotional, intuitive, and spiritual aspects of leading. After completing this assessment you will have more clarity about your own strengths and areas for development.

Instructions: Read through each statement and put a mark on the bar that represents the approximate percent of time that each item describes you. At the end of each section, identify two or more items that you would like to explore. Describe how the item currently impacts you and the importance of calling it out for your personal and professional development.

Intellectual

1. I focus my attention on one thing at a time.



2. I like to think outside of the box.



3. I find time to learn new things.



4. I am comfortable challenging status quo thinking in others.



5. I have confidence solving complex problems.



6. I have the ability to set priorities.



Intellectual continued

7. I regularly challenge my own thinking.



8. I am comfortable with ambiguity.



9. I value the opportunity to challenge my beliefs.



10. I can see the big picture in most situations.



11. I can sort through complex issues.



12. I embrace my honest mistakes.



Reflections:

Physical

13. I am aware of the signals (tension, discomfort, fatigue, tingling, chills) that my body is sending me.



14. I use the signals my body sends me as information to change my behavior.



15. I recognize the relationship between stress and health.



16. I have the energy to do what I want.



17. I eat foods that sustain my energy.



18. I exercise regularly.



19. I feel rested most of the time.



Physical continued

20. I bounce back quickly from illness.



21. I get 7 to 8 hours of sleep each night.



22. I find it easy to relax.



23. I am aware of how my energy ebbs and flows throughout the day.



Reflections:

Emotional

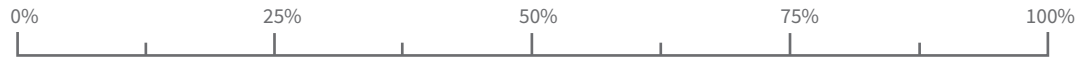
24. My emotions are a source of information.



25. I value emotional information.



26. I know when my emotions are impacting my mood.



27. My emotions impact my energy.



28. I value a wide range of emotions in myself.



29. I am comfortable when others display a wide variety of emotions.



30. I process emotions to gain insight.



Emotional continued

31. I am emotionally resilient in the face of challenge.



32. I am aware of triggers that upset me emotionally.



33. I am comfortable displaying a wide range of emotions.



34. I understand how my emotions impact my behavior.



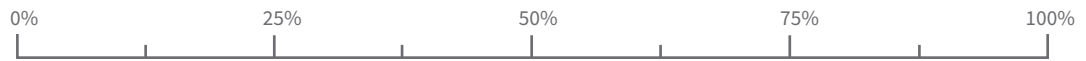
Reflections:

Intuitive

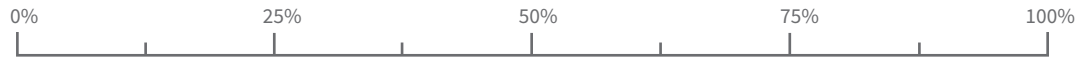
35. I count on my intuition to help me make decisions.



36. My intuition feeds my creativity.



37. My intuition opens me to new possibilities.



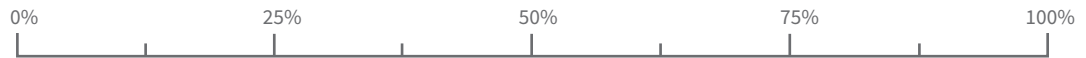
38. My intuition sends me clues about upcoming situations.



39. I pay attention to my intuition.



40. My intuition helps me make faster decisions.



41. I let my intuition incubate.



Intuitive continued

42. My gut tells me when something is right or wrong.



43. I rely on my intuition to bring me a bigger picture view.



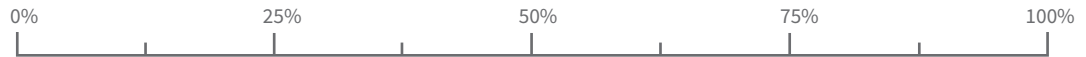
44. My intuition heightens my powers of observation.



Reflections:

Spiritual

45. I would like my work to make a difference in the world.



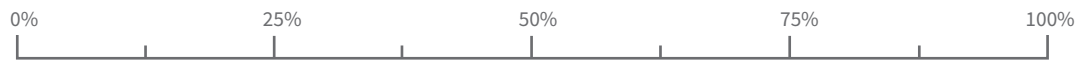
46. I feel part of a community at work.



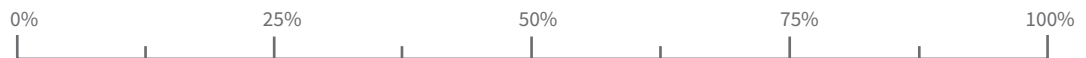
47. I find meaning in what I do at work.



48. I have a faith that sustains me in challenging circumstances.



49. I am inspired by something greater than myself.



50. I seek ways to serve a better world.



51. I use my talents in service of doing good.



Spiritual continued

52. My work is an expression of my larger life purpose.



53. I have the courage to act on my values.



54. I have a life-affirming attitude.



Reflections: