

# PERSONAL LEADERSHIP QUOTIENT

Read each of the following 30 statements, then rate how strongly each statement describes your current efforts to lead yourself. Rate your efforts related to each statement on a 1-to-5 scale, with 1 being weak and 5 being strong.

1. I know I'm not the most powerful people in *the* world, but I strive to be the most powerful and responsible person in *my* world.

1                      2                      3                      4                      5

2. When I fail, I accept responsibility, and when I'm wrong I admit it. I work to set things right, learn from my failures and mistakes, and move on better prepared for the next challenge or opportunity I encounter.

1                      2                      3                      4                      5

3. When faced with a major decision, I thoughtfully consider potential risks and rewards. I think through realistic moral, safety, interpersonal, legal, and unintended consequences.

1                      2                      3                      4                      5

4. I don't waste my time and energy chasing perfection. I accept my personal best as *my* perfection, and I work toward it learning through a trial-and-error process.

1                      2                      3                      4                      5

5. I make the most of the personal, interpersonal, and material resources at my disposal to accomplish the goals that I set for myself.

1                      2                      3                      4                      5

6. I seldom panic. When in a panic-laden situation, I identify the causes, and I do something about them, to avoid or reduce a panicked response.

1                      2                      3                      4                      5

7. I appreciate free will in myself and in others. I give my thoughts, impressions, ideas, and feelings the attention they warrant, then I move on comfortable with my responses and decisions.

1                      2                      3                      4                      5

8. I embrace purposeful and prudent change as part of my personal development and progress. I'm patient during periods of personal change.
- 1                      2                      3                      4                      5
9. When I encounter a problem, I confront it, work to solve it effectively and efficiently, then put it behind me.
- 1                      2                      3                      4                      5
10. I work through large and difficult tasks by addressing them as a series of smaller and less difficult jobs.
- 1                      2                      3                      4                      5
11. I am ready, willing, and able to devote significant time and hard work to accomplishing desired goals.
- 1                      2                      3                      4                      5
12. I do not offer or accept excuses. I do offer explanations when necessary.
- 1                      2                      3                      4                      5
13. As much as possible and practical, I manage my schedule. I look for ways to simplify my life to encourage a more comfortable and purposeful life pace. I include time for me and that which is important to me, in my schedule.
- 1                      2                      3                      4                      5
14. I don't have a need to always be first. I know the virtue of following the solid examples of others.
- 1                      2                      3                      4                      5
15. I build, maintain, and grow mutually respectful, supportive, and tolerant relationships. When I encounter an interpersonal problem, I identify it, confront it, and work to solve it.
- 1                      2                      3                      4                      5
16. I don't allow my successes or my failures to unnecessarily control my thinking, define my self-impression, or dominate my interpersonal relationships.
- 1                      2                      3                      4                      5

17. I appreciate individual differences, personal motivations, and unique skills sets. I don't allow hidden agendas and deceptive motivations to control my interpersonal relationships.

1                      2                      3                      4                      5

18. I don't permit singular events and short-term difficulties to define otherwise positive relationships.

1                      2                      3                      4                      5

19. Some people, things, and situations anger me and frustrate me. I set and communicate reasonable limits on what I will tolerate. I'm able to let go and move on when the time for doing so arrives.

1                      2                      3                      4                      5

20. I'm a giver. I do so respecting the needs, wishes, and desires of those to whom I wish to give.

1                      2                      3                      4                      5

21. I'm sensitive to changes that come to my interpersonal relationships. I make prudent, needed, and mutually respectful accommodations to preserve and enhance my relationships.

1                      2                      3                      4                      5

22. I'm aware of the potential impacts of first impressions, but I don't allow them to irreparably dictate my interpersonal relationships.

1                      2                      3                      4                      5

23. I mind my own business, when doing so represents the best interests of those involved.

1                      2                      3                      4                      5

24. I communicate in a manner that is consistently open, thoughtful, purposeful, and respectful of the needs and desires of others and myself.

1                      2                      3                      4                      5

25. I care for my physical, emotional, and mental wellbeing, while striving to live a joyful life.

1                      2                      3                      4                      5

26. I'm true to myself. I do not try to be something I'm not.

1                      2                      3                      4                      5

27. When I talk to myself, I'm honest, understanding, and supportive, and I don't arbitrarily defend or needlessly justify my thoughts, words, or actions.

1                      2                      3                      4                      5

28. I know when I need help. I seek it, accept it, and show gratitude for it without feeling diminished.

1                      2                      3                      4                      5

29. I'm in tune with my instincts. I respect them, trust them, and react to them.

1                      2                      3                      4                      5

30. I believe I have talents and potential. I work to identify and develop them to power my progress toward my goals, dreams, and aspirations. I make the most of the opportunities with which life blesses me.

1                      2                      3                      4                      5

Count the number of statements that you rated for each of the rating numbers 1 through 5. Multiply that number by the rating number to get five scores, then total those numbers (see model below). That number is your current **Personal Leadership Quotient (PLQ)**.

**150 possible points (30 X 5 = 150)**

\_\_\_\_\_ X 5 = \_\_\_\_\_

Strong - 135 and above

\_\_\_\_\_ X 4 = \_\_\_\_\_

Capable - 120 to 134

\_\_\_\_\_ X 3 = \_\_\_\_\_

Proficient - 105 to 119

\_\_\_\_\_ X 2 = \_\_\_\_\_

Average - 90 to 104

\_\_\_\_\_ X 1 = \_\_\_\_\_

Weak - 89 and below

**TOTAL = \_\_\_\_\_**

The book [\*Personal Leadership: The Art of You Leading You\*](#), describes the attributes of strong personal leaders and offers lessons, strategies, and techniques to enhance your active personal leadership potential.