

# Future You: where am I and what's next?

If you want to progress your career, there are four key areas that have been identified as accelerators for your career success. This self-assessment will help you to evaluate your strengths in each of these areas. Please respond to each of the questions objectively and total the ticks in each section.

## Confidence and Self-belief

	Disagree	Neutral	Agree
I find it easy to focus on my goals and achieve my objectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If people challenge me, I find ways to achieve what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always manage to solve difficult problems if I try hard enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am resourceful enough to handle unforeseen situations in all areas of my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident that I can deal with unexpected events and setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually say 'yes' to new opportunities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I remain calm when faced with difficulties in both my personal and professional life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can solve most of the problems that I am confronted with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel fulfilled most of the time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am sure that I can handle whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Subtotal</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Clarity and Communication

	Disagree	Neutral	Agree
I feel confident and comfortable when communicating to a group of people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I spend adequate time preparing my communications, both orally and in writing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate in a concise manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I carefully consider and adapt my communications to the needs and interests of my audience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Disagree   Neutral   Agree

I communicate in a clear and logical style.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I speak with sincerity and enthusiasm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My voice is confident and assured.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My flow of speech is not diluted with 'em's' and 'kinda's'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am careful not to dismiss my own contributions to a discussion with unnecessary apologies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My mannerisms and posture do not portray nervousness or tentativeness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Subtotal</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Credibility and Contribution

Disagree   Neutral   Agree

I am known as someone who is honest and reliable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have expertise, skills and capability in the areas that I speak about.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a good track record and produce results that demonstrate my capabilities effectively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to consistently make and keep my commitments to myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Usually, I walk the talk: there is no distinction between what I say and what I do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am genuinely open to the possibility of learning new things that may cause me to rethink issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I focus my efforts on delivering results, not activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate my achievements to others in a way that inspires confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I invest time and effort in staying relevant and adding value to my organisation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my value to the organisation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Subtotal</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Connections

	Disagree	Neutral	Agree
I consciously build my network of connections regularly and consistently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have connections up, down and across my organisation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe in reciprocity in my relations with others and I am as happy receiving as giving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make regular requests of my network.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my stakeholders' interests well and manage them carefully.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am clear in my requests to my stakeholders.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a diverse range of connections in both my personal and my professional life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I stay in touch with people who could be key to my success in the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find opportunities to raise my visibility with my network and demonstrate my value to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I acknowledge and thank those who regularly support me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Subtotal</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Reflection

Now, review the sub totals. Is there a pattern? What do you observe? Are some areas stronger than others? If there are some areas that stand out, these may be areas that you may now want to focus upon. Don't try to do everything at one time. Pick one or two areas where you are motivated to make tangible gains for you.

## Areas to focus on

If you would like me to work with you on accelerating your career as a leader please contact me on [olwyn.merritt@pure-potential.co.uk](mailto:olwyn.merritt@pure-potential.co.uk) or call +44 (0)1428 713399