



The Heart Method Scorecard™

Rate your reactions to each pair of phrases. Decide where you lie on the scale from 1 to 10.
Add up your total from each column

I hate being a leader	1	2	3	4	5	6	7	8	9	10	I love being a leader
I am not excited about my future as a leader	1	2	3	4	5	6	7	8	9	10	I am excited about my future as leader
I am not happy about the results I am achieving as a leader	1	2	3	4	5	6	7	8	9	10	I am happy about the results I am achieving as a leader
I do not feel my team is achieving its full potential	1	2	3	4	5	6	7	8	9	10	I feel my team is achieving its full potential
I feel I do not I have a consistent leadership style	1	2	3	4	5	6	7	8	9	10	I feel I have a consistent leadership style
I do not feel as though I am using my natural strengths as a leader	1	2	3	4	5	6	7	8	9	10	I do feel as though I am using my natural strengths as a leader
I do not feel respected and valued as a leader	1	2	3	4	5	6	7	8	9	10	I feel respected and valued as a leader
I do not feel I have all of the skills I need to be the most effective leader possible	1	2	3	4	5	6	7	8	9	10	I do feel I have all of the skills I need to be the most effective leader possible
I feel drained and unfulfillment from being a leader	1	2	3	4	5	6	7	8	9	10	I get energy and fulfillment from being a leader
I do not feel fully confident that I will achieve my career goals	1	2	3	4	5	6	7	8	9	10	I feel totally confident that I will achieve my career goals
ADD COLUMN TOTALS											YOUR SCORE _____

Question 1: Why did you give yourself that score?

Questions 2: What do you think you need to do to improve your score?