



# The Visionary Institute

Before you start-take your Mountain assessment

***“If not NOW, then WHEN? If not ME, then WHO? This is the question you need to ask yourself as you look into your heart of hearts. This assessment will help you evaluate where you are currently and will assist in developing and successfully guide you towards the achievement of your dreams, goals and aspirations...”***

**Complete all items. Rate each item (A) *Always*, (S) *Sometimes*, (R) *Rarely* and (N) *Not at All*. Choose only one letter for each question. Select the answer that best represents your feelings, thoughts, and behaviors. Try to answer as openly and honestly as possible. If you are unclear about your answer right away, do not check the box until you are sure about your answer. Continue on to the next statement then come back to the previous question. There are four sections of questions that need to be completed.**

## PERSONAL

My life is full of only healthy stress.	A S R N
I recover well from illness	A S R N
I recover well from disappointments & problems.	A S R N
I adapt and make the most of challenges around me.	A S R N
I count on myself to always survive the worst.	A S R N
I trust in a higher power.	A S R N
I consistently have adequate time, space, and freedom in my life.	A S R N
I have no habits which are unacceptable to me.	A S R N
I have, and honor, my personal standards	A S R N
I make and follow through on my commitments.	A S R N
I take decisive/considered steps towards my goals.	A S R N
I am fearful of venturing out into the unknown.	A S R N
I adapt easily to change.	A S R N

## **RELATIONSHIP**

I get along well with co-workers/clients	<b>A S R N</b>
I get along well with my family immediate family members	<b>A S R N</b>
I attract great people around me.	<b>A S R N</b>
I make people feel great about themselves.	<b>A S R N</b>
I have let go of the relationships which drag me down or damage me.	<b>A S R N</b>
I am in relationship with people who can assist in my career/professional development.	<b>A S R N</b>
I am a person of his/her word; people around me to feel good.	<b>A S R N</b>
I am aware of my wants and needs and get them taken care of.	<b>A S R N</b>
I have communicated or attempted to communicate with everyone whom I have hurt, injured or seriously upset, even if it wasn't fully my fault	<b>A S R N</b>
I live on my terms, not by the rules or preferences of others.	<b>A S R N</b>

## **FINANCIAL**

I am financially independent, or clearly on track.	<b>A S R N</b>
I am putting aside enough money each month to reach financial independence	<b>A S R N</b>
I have 6 months' living expenses in an easily accessible account	<b>A S R N</b>
I live on a weekly budget which allows me to save and not suffer.	<b>A S R N</b>
I have a financial plan for the next year.	<b>A S R N</b>
Money (or lack of it) doesn't hold me back.	<b>A S R N</b>
I can count on my income each month.	<b>A S R N</b>

## **CAREER**

- |                                                                                                                 |                |
|-----------------------------------------------------------------------------------------------------------------|----------------|
| I like the work that I do.                                                                                      | <b>A S R N</b> |
| I get what I need from the work I do.                                                                           | <b>A S R N</b> |
| I have the training / education I need to advance.                                                              | <b>A S R N</b> |
| I am a great people manager.                                                                                    | <b>A S R N</b> |
| I am a S.M.E. (subject matter expert) in my field.                                                              | <b>A S R N</b> |
| I know how much I'm worth.                                                                                      | <b>A S R N</b> |
| I am on a career / professional / business track which is or will soon be financially and personally rewarding. | <b>A S R N</b> |
| My environment is productive and inspiring.                                                                     | <b>A S R N</b> |
| I am actively engaged in creating my future                                                                     | <b>A S R N</b> |

## SCORING

Each letter has a number assigned to it. **A**= 3 points; **S**= 2 points; **R**= 1 point; **N**= 0 points. Add up your total score from all sections. Score interpretations:

**0 to 50 points** – This score indicates a strong likelihood that you are an optimal candidate for coaching. You are highly “coachable” right now. You are likely to be someone who is open to feedback and who is willing to take an honest look at yourself and to help you find solutions to reach your goals, etc.

**51 to 79 points** – This score indicates a high likelihood that you are a good candidate for coaching. You are someone who would be considered “coachable” needing some coaching solutions to reach your goals, etc.

**80 to 100 points** – This score indicates a high likelihood that you are not an optimal coaching candidate at this point. Your answers are not consistent with someone who is considered to be highly “coachable”. However, you could seek coaching solutions whenever you come up to a roadblock.

*\*Looking to maximize your strengths? You are taking the first climb in reaching your Summit.  
Working with a coach can make a mountain of difference \**

Name:
Email:
Phone #

*If you have Downloaded this please submit this one of the following ways:*

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