

## INVIGORATING YOURSELF SELF-ASSESSMENT

How invigorated are you? Is your heart proudly pumping enthusiasm and confidence throughout your body, or is it timidly tapping sluggishness and lack of commitment? Answer the following questions using the scale of one to five hearts and find out if your vigor levels need “topping off.”

### Scale

- |   |       |                   |  |
|---|-------|-------------------|--|
| 5 | ♥♥♥♥♥ | Strongly agree    | That’s really, really true about me.       |
| 4 | ♥♥♥♥  | Agree             | That would be me.                          |
| 3 | ♥♥♥   | Somewhat agree    | 50/50 sometimes, sometimes not.            |
| 2 | ♥♥    | Disagree          | That absolutely has nothing to do with me. |
| 1 | ♥     | Strongly disagree | Let me take the fifth on this.             |

### What’s Your Pulse Rate?

#### 6.5 Questions Measuring How You Invigorate Yourself

- 1. I clearly understand what the professional standards are for my desired industry.
- 2. My three-second impression is in alignment with how I want to be viewed.
- 3. My energy level and enthusiasm is high.
- 4. I am generally an invigorated person.
- 5. I know what makes me happy.
- 6. I frequently inject something fun into my day, week, month, and year.
- 6.5 I know how others view me within the first three seconds.
  
- Total

Now that you've taken the test, let's analyze your score:

### **Scores**

- **7–13:** You are apathetic. You lack enthusiasm for building your brand or reaching your aspirations. Since achieving any type of success requires vigor, you probably frequently experience failure, which saps your energy even further, creating a vicious downward cycle. Break the cycle today! Go back and read this chapter again, and start implementing its advice. You won't completely change overnight, but if you apply genuine passion and determination toward building your brand and realizing your aspirations, you will be surprised by how fast you start to see incremental improvements.
- **14–20:** You are mildly enthused. As opposed to someone who is truly apathetic, you at least have goals for your brand and your aspirations in mind, but you lack the vigor to pursue them in any real way. Your mindset may be a little healthier than that of your apathetic colleagues, but your results will not likely be much better. You should give this chapter a second look and try to make some positive changes based on what you read.
- **21–26:** You are interested. Beyond merely holding goals, you possess some genuine energy and gumption to meet them. But your commitment to achieving true success is still suspect. You are probably willing to take shortcuts and accept results that are “pretty good” or “not perfect but close.” You have what it takes to meet a portion of your personal and professional potential, but you're leaving a lot of achievable success on the table.
- **27–33:** You are impassioned. You have a great deal of energy to dedicate to building your brand and realizing your aspirations, and also a lot of genuine passion to follow all the necessary steps and hold out for full results. But the finish line is a long way off, and there are many chances to stumble and fall before you reach it. Training for a marathon is one thing, completing it is another, winning it is something else entirely.
- **34–35:** You are invigorated. Every ounce of physical and mental energy at your disposal is committed to building your brand and achieving your aspirations, and you have enough energy to power a small city. You match that energy with boundless passion that allows you to focus with laser intensity on everything you need to do to maximize your full potential. Everyone around you senses your vigor, and it is contagious. You exert a positive influence on others simply by the way you wholly dedicate yourself to making your perfect day a reality.