

Activity: The Catalyst Way Self-Assessment

What if you could take a test on your life's alignment? How would you score? The Catalyst Way Self-Assessment is a tool for deep reflection, designed to help you evaluate how effectively you are living a life of purpose, meaning, and impact. The 25 statements below will guide you through a critical examination of your values, priorities, and how you invest your time and energy. This assessment is not about achieving perfection, but rather about gaining honest insights into your current reality and clearly defining where growth is necessary. Regardless of your final score, this self-assessment is the essential first step to begin, or accelerate, the process of living The Catalyst Way.

What is "The Catalyst Way?" Living The Catalyst Way is not about chasing external fame or fleeting fortune; it is about living with unwavering purpose and making a meaningful, transformative impact on the world. It involves cultivating a mindset that inspires others and leaves a positive, lasting mark. It means rising above the friction of daily life by tapping into your inner strength, maintaining clarity of purpose, and operating from a deep understanding of your core values. It is ultimately about designing a life that reflects your unique passions and aspirations – a life lived on your own terms. The Catalyst Way is not a destination, but a continuous journey – a series of deliberate moments, choices, and actions that contribute to true significance and fulfillment. Let the journey begin!

For each statement, use the following scale to reflect how well you are doing in that particular area:

- 1 = Poor. I am doing poorly in this area. I am experiencing deep dissatisfaction in my life.
- 2 = Fair. I am doing fair in this area. I am inconsistent in my efforts and struggle with setbacks in my life.
- 3 = Good. I am doing good in this area. I am achieving consistent, satisfying results in my life.
- 4 = Excellent. I am doing excellent in this area. I am operating at my highest potential with effortless flow.

Circle the response that fits you best. **To achieve the best results from this self-assessment, you MUST be completely honest with yourself.**

1. I take 100% responsibility for my actions and decisions. I never complain, blame, or make excuses.
1 - Poor 2 - Fair 3 - Good 4 - Excellent
2. I take care of all aspects of my health, physically, mentally, emotionally, and spiritually. I seek help when needed. I engage in self-care practices that honor my health and well-being.
1 - Poor 2 - Fair 3 - Good 4 - Excellent
3. I live with courage and authenticity. I am true to myself and embrace vulnerability. I express my thoughts and feelings without fear.
1 - Poor 2 - Fair 3 - Good 4 - Excellent
4. I live my life based on my personal core values. I know what matters most in my life and what gives my life meaning.
1 - Poor 2 - Fair 3 - Good 4 - Excellent
5. I believe I was put on this earth to serve something greater than myself. I find opportunities to profoundly serve others in ways that are meaningful to me.
1 - Poor 2 - Fair 3 - Good 4 - Excellent
6. I know that adversity, setbacks, and failure are a part of life and see them as opportunities to learn and grow. I handle success with humility and failure with grace.
1 - Poor 2 - Fair 3 - Good 4 - Excellent

7. I understand that I don't have control over the events that happen in my life. However, I do understand that my response to events dictates the outcome.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

8. I don't allow fear and limiting beliefs hold me back or keep me down. I use them as fuel to keep me moving forward.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

9. I am honest with myself and with others. I always do what I say I will do. I follow through on my commitments and obligations to myself and to others.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

10. Talk is cheap. I know that my actions determine my results. I also know that my actions determine how others perceive me. I project confidence in myself and my abilities.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

11. Change is the only constant in our life. I embrace change and can handle change because I am flexible, adaptable, and resilient.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

12. Anxiety, stress, and negativity are all signs of pain and discomfort in life because I am not meeting the expectations of myself and/or of others. I minimize my suffering by focusing less on expectations and more on appreciation.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

13. I can admit when I am wrong and make a mistake. I apologize without expectations, with sincerity, and a willingness to make things right.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

14. I have a plan for life and take intentional steps to create a better future for myself. I am clear about who I want to be, what I'm here to do, and where I want to go. I have the self-discipline and self-control to be successful.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

15. I have healthy relationships with family, friends, and people who support me and enhance the quality of my life. I have minimized the effect of or let go of the toxic people in my life.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

16. I understand that my past doesn't dictate my future. I can forgive myself and others for previous wrongs and past mistakes.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

17. I understand that sacrifices may be needed to get where I want and need to go. I work hard, but when it's too much on me and/or affecting others in a negative way, I know that I need to slow down and take a step back.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

18. I am grateful and appreciate all the things I have in my life. I give thanks when appropriate and compliments when deserved.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

19. I take time to have fun, be creative and curious, and enjoy life. I find the beauty and the good in life every day.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

20. I am fully present, mindful, and aware of my surroundings every moment. I live with the intention to get the most out of my day.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

21. I engage in habits and activities that help me improve, grow, and live life to the fullest. I do not engage in habits and activities that hinder/limit my progress.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

22. I have high expectations of myself and what I can achieve. I understand that growth occurs when I step out of my comfort zone.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

23. I don't allow the opinions and judgment of others impede my progress of becoming my best self. I only compare my present self to my past self.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

24. I accept differences in people and treat others with respect. I see the good in people and look for areas of commonality and connection.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

25. I am comfortable and optimistic about my money/financial situation, now and for the future. I am financially independent.

1 - Poor 2 - Fair 3 - Good 4 - Excellent

To get your final score, add up your points from the 25 statements; write down your total points here: _____

After you complete the Quiz, add up your score. Use the point system below to give yourself a grade for this Quiz.

Score	Level	Description
82 - 100	Excellent	This domain is a powerful engine for transformation and a core strength that delivers profound results. You are consistently achieving extraordinary outcomes by optimizing your habits and leveraging your gifts. This area is a sustainable source of energy and deep fulfillment that empowers you to serve others.
63 - 81	Good	You have established mastery over foundational habits and are making intentional, conscious choices that support this area. Your actions are generally in strong alignment with your values, and you are seeing reliable, predictable progress and achieving consistent, satisfying results. This area is a solid strength.

44 - 62	Fair	You are aware of what's needed and have the right intentions, but your efforts are inconsistent or sporadic. You often rely on reactive behavior rather than deliberate choice, meaning you've achieved basic competence, but lack the reliable momentum to truly thrive. This range requires focused discipline and improved follow-through.
25 - 43	Poor	Your life in this area is currently under-resourced and operating on autopilot. There is significant conflict between your actions and your core values, resulting in stagnation, frequent dissatisfaction, or active self-sabotage. This range indicates a high-priority growth zone requiring immediate and dramatic intentional intervention.

Now, review your final score. As you reflect on your responses, consider which aspects of your life are operating as a Catalytic strength and which areas fall into the Misaligned range, presenting the greatest opportunities for intentional growth. Remember, there is no final or perfect score; your results will naturally vary based on your circumstances and the challenges you face. This self-assessment is not about measuring self-worth, but rather about gaining valuable, honest insight into your current reality. View your score as the precise starting point on your strategic journey toward living The Catalyst Way – a life of profound fulfillment, purpose, and impact.

Score Review and Insight

Take a few minutes to deeply reflect on your assessment results. Identify areas where you scored highly (Catalytic Strengths: Scores of 3 or 4). What specific habits are you doing exceptionally well? What brings you this level of fulfillment and alignment? Also, reflect on the areas where you scored low (Misaligned Challenges: Scores of 1 or 2). What internal roadblocks or inconsistent behaviors are creating the greatest challenges? Where is the greatest and most urgent opportunity for a catalytic intervention? This focused reflection is designed to give you precise insights into your current reality and clearly identify areas for personal growth and transformative action.

What’s going well (Catalytic Strengths): _____

What’s not going well (Misaligned Challenges): _____

One Deliberate Change

Review your entire assessment and identify one Misaligned area where you will focus your immediate efforts. Choose the domain that presents either the greatest challenge or the area where a small change will yield the most significant impact on the rest of your life. Create a simple, actionable plan to make a deliberate, positive change in that chosen area. This must be a specific, measurable action step—a single, focused effort to gain immediate momentum. Implement this plan for one week.

This is the one deliberate change I promise to make: _____

Observe how this initial effort feels and assess its immediate impact. If successful, commit to extending it for a month or integrating it into your daily Catalyst Rituals. If it doesn't feel right, experiment with a different approach. Remember, the ultimate goal is to make sustainable, long-term shifts. Small, consistent, and deliberate efforts are the true engine for lasting improvements in your ability to live a life of profound purpose.

Anticipating and Overcoming Obstacles

As you commit to this change, it is vital to anticipate potential internal obstacles—the "Shadow Within"—that might arise. What specific negative thoughts or limiting beliefs (e.g., self-doubt, fear of judgment) might prevent you from

committing to and staying on track with your chosen action step? How might this resistance manifest in your behavior (e.g., procrastination, avoidance, emotional bingeing)? You must develop an explicit Contingency Plan to overcome these internal challenges.

This is a potential obstacle that might get in the way – and here’s my immediate contingency plan: _____

Final Commitment

For increased motivation and accountability, consider partnering with others on your journey to live The Catalyst Way. Share your chosen action step with a friend, mentor, or colleague who is also committed to personal growth. Agree to check in regularly to offer mutual support, encouragement, and accountability.

I hope The Catalyst Way Self-Assessment serves as the powerful spark for positive change, driving you toward a life of profound purpose and fulfillment.

Questions for Deep Reflection: The Catalyst Way Self-Assessment

1. Examine the top three statements where your score was lowest (Misaligned or Emerging). How much of your time and energy (quantify it in hours or budget) is currently invested in activities that directly contradict the transformative life you define as The Catalyst Way?
2. Identify a statement where you scored highly. How can you intentionally leverage the clarity and momentum from this strong area to accelerate progress in your lowest-scoring area?
3. If the goal is "unwavering purpose," look at a low-scoring area. What specific deliberate choice or action must you commit to this week to anchor that area back to your core values, preventing it from operating on "autopilot?"
4. If your life were to end five years from now, which low-scoring area would represent your greatest regret regarding the "lasting mark" you intended to leave? What is the one thing you must start today to transform that regret into a legacy of fulfillment?