

*When taking this assessment please keep a couple of things in mind. Number one, don't get overly caught up in the exact wording but rather get a sense of how true it feels to you overall. Secondly, think about the last 3 months of your life so that you can get an accurate assessment of how you're doing in each area versus having a recency bias distort your score.*

## Rate Yourself 1-5 on the Following Statements:

### **Lover:**

1. I feel connected to all of my senses and how they interact with the world around me.
2. I am comfortable being with my emotions without trying to change, fix, ignore, identify with, or repress them.
3. I allow myself to be spontaneous or in the moment.
4. I am connected to my body, know what I'm feeling physically and emotionally, and feel healthy, vibrant, and fully alive.

### **Warrior:**

1. I have control over my mind and attitude and I am disciplined in my actions throughout the day.
2. I feel motivated, energized, and I take consistent action in my life towards my mission.
3. I execute on strategies and plans in my life and can quickly make important decisions without overly hesitating.

4. I'm willing to do whatever it takes to reach my next level of success while staying true to my values.

### ***Magician:***

1. I know what my unique gifts are to give and I am giving them.
2. I am constantly learning new things to help me learn and grow.
3. I am not caught up in my ego but rather observe it, and with this clarity of thinking feel like I make the right choices to improve my life.
4. I feel connected to my intuition or 'inner knowing' and I am willing to follow it.

### ***King:***

1. I feel a strong sense of calm and centeredness in my being.
2. My life feels well ordered and I'm clear on my purpose.
3. I am intentional in how I uplift others and support and celebrate their growth.
4. I surround myself with people who are supportive and generative and who help me grow into the best version of me.

If your overall score is less than 48 then it's likely that you are out of balance and living disconnected from the fullness of who you know you can be. You may be struggling in your relationships or business, your health may not be where it could be, and life might feel either flat or out of control. It's important to look at each area you scored a 3 or less and identify some ways to improve. If you want support, Jeff and Nathan have created a community of powerful men who all want to rise together. Join us!