



# RIVERS LIFE AND BUSINESS COACHING

## Empowerment Assessment

Directions: There are no right or wrong answers. Give a rating for each statement on a scale of 1 to 5, where 5 corresponds to 'very true' and 1 corresponds to 'rarely true'.

### VISION. PLAN. BUILD.

1. I have short term and strategic visions for my life and business. \_\_\_\_
2. It is easy for me to determine what information or skills I need and then go obtain it. \_\_\_\_
3. It is easy for me to take in new information and apply it to my life/ business, reaping relatively immediate and tangible results. \_\_\_\_
4. My life/business is moving forward and trending upward at a pace that I am pleased with. Life is moving forward how I envision it can and should. \_\_\_\_
5. I feel confident that I can achieve what I want to in life/business. \_\_\_\_
6. I am up to the challenges that life/business presents. \_\_\_\_
7. I am current with my life and business affairs: finances, taxes, home maintenance, wills, health, income, retirement. \_\_\_\_
8. My overall emotional experience of my life/business is contentment and satisfaction. \_\_\_\_

Total \_\_\_\_\_ out of 40

### EMPOWERMENT - IN BUSINESS OR CAREER

1. I have healthy work/life balance. \_\_\_\_
2. I have energy reserves at the end of the work day and have a life outside of work. \_\_\_\_
3. My voice is heard; people pay attention to what I have to say. \_\_\_\_
4. I can express my thoughts. \_\_\_\_
5. I can state my position and stand my ground. \_\_\_\_
6. I am in action towards my business/career goals. I work my business/career consistently. \_\_\_\_
7. I delegate to my team and/or gather the support I need. \_\_\_\_
8. I deal with conflict in a timely and clean manner. \_\_\_\_
9. I trust myself and those I work with. \_\_\_\_
10. I am in my profession by choice; I have not 'settled for' in order to make an income. \_\_\_\_

Total \_\_\_\_\_ out of 50



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### EMPOWERMENT – IN LIFE

1. I consistently advocate for my own needs and wants; I consistently receive what I need. \_\_\_\_
2. The majority of my relationships are reciprocal; there is a balance between giving and receiving. \_\_\_\_
3. I have healthy boundaries in all areas of my life: personal well-being, family, parents, children, friends, work, neighbors, volunteering, and career. \_\_\_\_
4. I do not “dim my light” or play small. My family, friends, work get “all of me” all the time. \_\_\_\_
5. I am able to say “no”, and do say “no.” \_\_\_\_
6. I consistently make requests to others; and make demands as needed. \_\_\_\_
7. I do NOT experience much frustration, resentment or resignation in my daily life. I do NOT hear myself making complaints as I share what is going on with friends. \_\_\_\_
8. I am transparent in my conversations with others. \_\_\_\_
9. I trust myself. \_\_\_\_

Total \_\_\_\_ out of 45

### UNCONDITIONALLY EMBRACE MYSELF

1. I am proud of who I am. \_\_\_\_
2. I like myself. \_\_\_\_
3. I understand what I need to function day to day and give it to myself. \_\_\_\_
4. I consistently make great decisions. \_\_\_\_
5. I give myself the time and space I need to honor my own processes. \_\_\_\_
6. I remain myself all the time: when I am in huge crowds and when I am by myself. \_\_\_\_
7. If I do experience guilt or shame, it is fleeting and does not interrupt my flow of life. \_\_\_\_
8. I see my strengths clearly. I can own them. \_\_\_\_
9. I do not relate to those things I am not ‘good’ at as flaws or faults. \_\_\_\_
10. I value my uniqueness. I see it as my gift to others. \_\_\_\_
11. My sense of self-worth remains constant and is not dependent on specific people, opinions or events. \_\_\_\_

Total \_\_\_\_ out of 55



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### QUESTIONS FOR REFLECTION

1. In what area do I have the highest score?
2. In what ways does this strength(s) show up in my daily personal and professional life?
3. In what areas do I have the lowest score?
4. In what ways does this gap impact my daily personal and professional life?
5. If/when I can score myself higher in this area, what will be the positive impact on my personal and professional life?

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*If you find the approach of this assessment intriguing, please contact me. I am more than happy to sit down and talk with you about your interests and needs. I promise to answer all of your questions and we can take a brief look at your Human Design so you can experience how powerful it can be to understand yourself from this perspective.*

*I work with clients worldwide via Zoom.*

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*Read more at: [www.CatherineRivers.com](http://www.CatherineRivers.com)*

*I look forward to speaking with you. Cathy*