



LEAP Forward
Learn | Explore | Activate | Play

LEAP Forward Flourishing Assessment

Are you thriving in all dimensions of your professional and personal life or simply surviving day to day?

Discover Today!

Ready to LEAP Forward in Your Career & Life?

The path to meaningful growth starts with understanding where you are today. The LEAP Forward Flourishing Assessment gives you practical insight into your current wellbeing across eight essential dimensions:

- **Positive Emotions & Resilience:** Your capacity to experience joy and bounce back from challenges
- **Engagement & Flow:** Your ability to use your strengths and become fully absorbed in meaningful activities
- **Relationships & Connection:** The quality and depth of your personal and professional connections
- **Meaning & Purpose:** The alignment between your daily actions and your core values
- **Achievement & Growth:** Your progress toward meaningful goals and continuous development
- **Vitality & Health:** Your energy levels and physical wellbeing practices
- **Career Satisfaction:** How your work aligns with your strengths and values
- **Leadership Impact:** Your ability to positively influence others and create thriving environments

This assessment takes just 10 minutes to complete but provides insights you can put to work immediately. You'll identify specific areas where small, practical changes can build momentum toward greater flourishing.

What You'll Gain

- Clear visibility into your current strengths and growth opportunities
- Practical action steps tailored to your unique results
- A framework for measuring your progress over time
- The foundation for more focused coaching conversations

Take the first step toward building a more fulfilling career and life. Complete the LEAP Forward Flourishing Assessment today and start applying evidence-based strategies that fit your unique work and lifestyle.

Start Your Assessment Now





LEAP Forward Flourishing Assessment

Welcome to your flourishing journey!

This assessment will help you discover your current level across eight key dimensions of wellbeing.

Instructions:

1. Rate each statement on a scale of 1-5
2. Complete the reflection questions
3. Review your results
4. Plan your next steps

Rating Scale: 1 = Strongly Disagree 2 = Somewhat Disagree 3 = Neither Agree nor Disagree
4 = Somewhat Agree 5 = Strongly Agree

Section 1: Positive Emotions & Resilience

Rate each statement: [Radio Buttons 1-5 for each item]

- | | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. I frequently experience joy and positive emotions in my daily life | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 2. I can bounce back relatively quickly from setbacks | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. I maintain optimism about my future even during challenges | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. I have effective strategies for managing stress and difficult emotions | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 5. I feel content with my life most of the time | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

Section Score: _____ **Interpretation:** _____

Reflection: How do your emotional experiences impact your daily life and relationships?

Section 2: Engagement & Flow

- | | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. I regularly experience periods of deep focus and engagement in my work | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 2. I use my personal strengths daily in meaningful ways | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. I find myself losing track of time when involved in activities I enjoy | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. My work provides me with appropriate challenges that match my skills | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 5. I feel energized by the activities that fill most of my time | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

Section Score: _____ **Interpretation:** _____

Reflection: When do you feel most engaged and in flow?

Section 3: Relationships & Connection

- | | | | | | |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. I have strong, supportive relationships in my life | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 2. I feel deeply connected to a community or group of people | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. I can be authentically myself in my important relationships | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. I have people I can count on when I need support | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 5. I actively contribute to others' wellbeing | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

Section Score: _____ **Interpretation:** _____

Reflection: How do your relationships contribute to your flourishing?

Section 4: Meaning & Purpose

1. I have a clear sense of purpose in my life ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. My daily activities align with my personal values ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I feel my work contributes to something larger than myself ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I understand how my efforts create positive impact ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I make decisions based on a clear set of personal values ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section Score: _____ Interpretation: _____

Reflection: What gives your life the greatest sense of meaning?

Section 5: Achievement & Growth

1. I set meaningful goals and regularly achieve them ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I feel I am growing and developing in important ways ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I have a clear vision for my future ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I maintain a healthy balance while pursuing my goals ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I celebrate my progress and achievements ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section Score: _____ Interpretation: _____

Reflection: How do you define and measure success in your life?

Section 6: Vitality & Health

1. I maintain consistent energy throughout my day ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I have established healthy habits that support my wellbeing ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I get adequate rest and recovery ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I feel physically vital and energetic most days ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I make time for activities that rejuvenate me ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section Score: _____ Interpretation: _____

Reflection: What practices most support your energy and vitality?

Section 7: Career Satisfaction

1. My work aligns with my values and strengths ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I feel satisfied with my career progression ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I have opportunities for growth in my work ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I feel appropriately challenged in my role ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. My work provides me with a sense of purpose ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section Score: _____ Interpretation: _____

Reflection: How does your career contribute to your overall flourishing?

Section 8: Leadership Impact

- | | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. I positively influence others through my work | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 2. I create environments where others can thrive | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 3. I lead by example in maintaining wellbeing | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 4. I effectively develop and mentor others | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| 5. I build trust and psychological safety in my teams | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |

Section Score: _____ Interpretation: _____

Reflection: How does your leadership style impact others' flourishing?

Results Summary

Domain Scores:

1. Positive Emotions & Resilience: _____
2. Engagement & Flow: _____
3. Relationships & Connection: _____
4. Meaning & Purpose: _____
5. Achievement & Growth: _____
6. Vitality & Wellbeing: _____
7. Career Satisfaction: _____
8. Leadership Impact: _____

Interpretation Guide:

4.5 - 5.0: *Flourishing* **3.5 - 4.4:** *Thriving* **2.5 - 3.4:** *Maintaining* **1.5 - 2.4:** *Just Getting By* **1.0 - 1.4:** *Struggling*

Action Planning

Your Top 3 Strengths:

1. _____

2. _____

3. _____

Priority Growth Areas:

1. _____

2. _____

3. _____

Next Steps:

☐ **Book a Discovery Call to learn more**

☐ **Discover your path to optimal wellbeing and flourish!**