

COMPASSIONATE LEADERSHIP SELF-ASSESSMENT

Instructions: Rate yourself 1 (not doing well with this) to 5 (doing amazing at this)?

- ___ Self-awareness of leadership style, strengths, & challenges
- ___ Self-compassion for how hard it is to be a leader
- ___ Actively inviting feedback on leadership/working style
- ___ Communicating transparently
- ___ Acknowledging your humanity and vulnerabilities
- ___ Awareness of others' strengths, challenges, & concerns
- ___ Compassion for others
- ___ Tending to your team's emotional culture
- ___ Adapting communication & conversations for the individual
- ___ Balancing grace with accountability
- ___ Embracing a coach/mentor mindset
- ___ Putting fear in its proper place
- ___ Rallying people around a core message

Now share your assessment with a trusted, direct confidant. Do they agree with your self ratings? Where are the discrepancies? And in those areas where you scored on the lower end of the scale, what actions can you take to rank higher?