

The Leadership Fitness Checklist

Yes	No	Unsure	Leadership Fitness Checklist	
			Leadership Agility	Do you know what your leadership style is, can you draw on a leadership repertoire if necessary?
			Personal Leadership	Are you willing to make leadership development part of your lifestyle and work on closing any skills and competencies gaps?
			Decision Intelligence	Do you have courage to make hard, ethical, inclusive decisions?
			Communication Intelligence	Is your communication assertive, informative and include listening?
			Leadership Capital	What is the extent and quality of your strategic connections?
			Reflection Capacity	Do you reflect and evaluate your impact in or after events?
			Behavior Measure	Do you know how your followers are being affected by your behavior?
			Total Score	©CCI2018

Instructions: Short and straightforward this checklist an assessment of your fitness as leader. To complete it 1) Answer the questions by checking Yes, No, or Unsure. 2) Calculate your score by giving yourself 2 points for Yes, 1 point for No, 0 points for Unsure. 3) Add columns(down) for a total score, then add the three column totals (across) together for the total score.

A high score signals leadership fitness. The recommendation for leadership development is to sustain, evaluate and maintain that fitness and strength.

A mid-range score means you are working on your leadership fitness but highlights areas where you can focus your training or strengthen your leadership development.

A low score means you've got a serious workout ahead and leadership development will need a comprehensive approach if you desire to be an influencer.

Either way, CCI can help you realize your desire by developing a plan tailored to your needs and guide you as you implement the successful achievement of the plan. **Apply Now** by clicking the following link -<http://www.drcarmelananton.com/leadership-development-application/> for your Leadership Discovery Consult and let's start attracting followers!