

## Ready to Level Up? Find Your Personal Development Growth Path Quiz

Purpose: Quickly identify where you are in setting and acting on personal development goals so you can pick one focused next step that builds momentum without overwhelm.

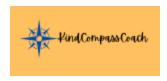
How to use: Answer each question honestly with Yes / Sometimes / No. Tally scores (Yes = 2, Sometimes = 1, No = 0). Total possible score = 20. This is a self-reflection tool, not a diagnosis; use results to create a short, paced plan.

#### **Questions**

- 1. I can name my top 2–3 personal development priorities for the next 6–12 months.
- 2. I break larger goals into specific micro-steps I can do in 5–30 minutes.
- 3. I have a simple way to track progress (checklist, journal, or habit app).
- 4. I schedule time for skill-building or reflection rather than waiting for free time.
- 5. I test ideas with small experiments before committing to big changes.
- 6. I have at least one accountability partner or mentor for my development goals.
- 7. I plan for setbacks and have a recovery routine to stay on track.
- 8. I align my daily tasks with at least one personal value that the goal supports.
- 9. I regularly review and adjust my goals based on what I learn.
- 10. I celebrate small wins and record them to keep motivation steady.

## **Scoring Guide**

- Add your points (Yes = 2, Sometimes = 1, No = 0).
- 0–7 = Beginning Builder
- 8–13 = Intentional Explorer
- 14–20 = Consistent Practitioner



## **Result Summaries and Next Steps**

Beginning Builder (0–7). You feel motivated but may lack clarity, structure, or supports to move reliably. Pick one priority today, define a single micro-step you can do in 10 minutes, and commit to it three times this week. Use a one-line tracker (done/not done) to build momentum.

**Intentional Explorer (8–13).** You have helpful routines and ideas but need tighter experiments, tracking, or accountability to scale progress. Design a 3-week experiment: run one small test each week, record one learning, and schedule a 15-minute weekly review with yourself or a partner.

Consistent Practitioner (14–20). You regularly plan, track, and adapt your development work; focus on depth and sustainable scaling. Commit to one bold micro-challenge this month (stretch but safe), mentor someone on a small skill, and formalize a monthly review to refine priorities.

#### **Three Practices to Start Today**

- Values Flash (2 minutes): Write your top value and choose the single task today that honors it.
- Micro-Step Action (10 minutes): Do one small task toward your top priority and log what changed.
- Weekly Review (5 minutes): On a set day, note one win, one learning, and one tweak for next week.

# **Quick Accountability Scripts**

- For a peer: "Can we check in for 5 minutes each Friday about one small goal? I'll share mine if you share yours."
- For scheduling time: "I need a 30-minute focus block on [day/time] for learning; can we protect that time?"

This quiz is for educational and self-reflective purposes only.