

Proactive or Reactive Self-Test



This is an activity that will help you gauge where you are right now in your life on the Proactive/Reactive scale. Respond to the questions below and use the scale below that to determine where you fall on the gradient.

On a scale from 1-5, 5 being that you most identify with the statement, rank the following questions as they pertain to your life.

1. _____ *I intentionally plan my day, my time and my life.*
2. _____ *I have a plan for where I want to be in 10 years.*
3. _____ *I do not like routine. I prefer to continuously evolve my process to be most up-to-date with what's going on in my life.*
4. _____ *I like to fix problems and find solutions for my highest priority goals and I am quick to delegate tasks when I know others can do them well.*
5. _____ *I take care of my highest priorities first thing in the morning and put my email off until the priority items are cared for.*
6. _____ *If I lose power in my house and can't leave my home, I have the provisions I need to be just fine.*
7. _____ *I seek out new ways to do things.*
8. _____ *I seek out opportunities that some people think are whimsical or audacious.*

Add up your responses from the 8 questions.

Write your result here _____.

Scale:

- 1-10 Very Reactive
- 11-20 Moderately Reactive
- 21-30 Moderately Proactive
- 31-40 Very Proactive

Proactive Decision Making Activity

If you scored in the 30s, congratulations! You are ahead of the curve of life. If you scored under 30, congratulations! You can be even more successful than you are today!

Using your answers above, determine 3 actions you can take to increase your Proactivity score.

Write them below.

Action #1:

Action #2:

Action #3:
