## Do you have any limiting beliefs that might be holding back your performance as a leader?

Rate how much you agree or disagree with the statements that follow....

Particulars	Rating (1 - 5)
I can't count on anyone to do things as well as I can.	
I feel like I need to be in almost complete control of everything that goes on in my unit.	
I need perfect information to make a decision.	
I need everything to be perfect before it leaves my office.	
When things go even a little bit wrong, I need to take over.	
I sometimes view my employees like children.	
I like the feeling of being needed by my employees.	
It is important that I am well liked by my employees.	
I can't find good people.	
I don't trust my people to get done what needs to get done — especially if I am not there.	
I don't like conflict and tend to avoid it.	
It is wrong to assert my needs.	
It is not good to talk about money.	
It is very important for our team to have harmony.	
People should just do it, without any drama or expressing their personal concerns and needs.	
I don't want to show my human side at work through humor, apologizing, asking for advice, or other ways to be vulnerable.	
I don't matter.	
No one listens to me.	

Key	
1 = No Way	1
2 = Mostly disagree	2
3 = Neutral	3
4 = Mostly agree	4
5 = Absolutely	5



Adapted with permission of Center for Executive Coaching



If you scored any of the above statements as a 4 or a 5, you might have a limiting belief or perception that could be holding back your performance as a leader. We offer a simple process to shift perceptions to be more powerful and help you achieve your aspirations and goals.

Contact us now at discoveryourtruecourse.com/contact to find out whether we should talk more. We guarantee that, at a minimum, it will be the most interesting conversation you have all day.





Adapted with permission of Center for Executive Coaching