

## Nonprofit Executive Self Assessment

Take a quiz about you. Place a checkmark by each question and count up your “yes” responses...

| Yes | No | Questions  |
|-----|----|--|
|     |    | 1. I am happy to go to work every day.   |
|     |    | 2. At the end of the work day I feel satisfied about what I have accomplished.   |
|     |    | 3. I am able to focus regularly on the big picture, the mission and vision on my organization, to most effectively advance my organization’s work. |
|     |    | 4. I respect and enjoy my colleagues and the system that I work in.  |
|     |    | 5. My work calls upon the highest use of my skills, strengths and interests.   |
|     |    | 6. I am happy with my compensation and my financial success.   |
|     |    | 7. I have a balance that suits me between work and other aspects of my life.   |
|     |    | 8. I regularly exercise to improve strength and endurance, release stress and/or for pleasure.   |
|     |    | 9. I weigh an appropriate amount.  |
|     |    | 10. I have good relationships with my family and/or friends.   |
|     |    | 11. I take good care of myself by getting enough sleep, eating well, not abusing drugs and/or alcohol.   |
|     |    | 12. I have plenty of energy for work, recreation and family life.  |
|     |    | 13. I am connected in my community through work, volunteering or other activities.   |
|     |    | 14. All in all, I am happy with the life I have created for myself.  |
|     |    | 15. I understand I am more than what I do for a living.  |
|     |    | 16. If I realized I needed to make major changes in my life, I would do so.  |

*Congratulations* on taking the time to reflect about your life and work satisfaction. There’s no passing grade here, just an opportunity to note where your life is great and where you may want to make some changes.

If you scored 0-5, don’t worry, you are not alone. With focus and action, you can improve the quality of your life, and be happier every day.

If you scored 6-10, you’ve some work to do to live your life to the fullest. By building on your strengths and focusing on improving the quality of your life, you can make big changes.

If you scored 11-16, congratulations. You’ve many pieces in place that create a fulfilling and happy life. Go ahead! Put the rest of the pieces in place to live your best life.

Change can begin with the smallest of steps. Why not start this moment?

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