

**LEADERSHIP ACADEMY**

# **The Intuitive Leadership Assessment**

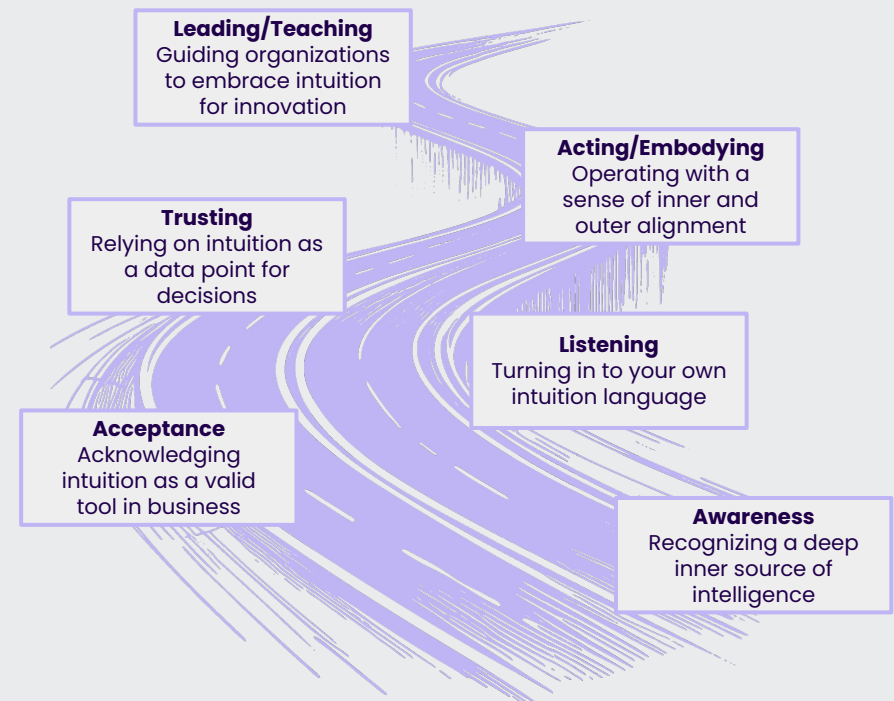
## Measuring Your Intuition

As you begin your journey to get into a deeper relationship with your intuition, it's important to measure your progress. This is something that can be hard to evaluate if you're not aware of or used to using your intuition on a regular basis.

So we've created the Intuitive Engagement Pathway. The Pathway illustrates the various levels of intuitive awareness that we all go through. The earliest stages are simply about being aware of your intuition, while someone with highly developed intuitive awareness is adept at leading the way for others.

You may be able to find your place on the Pathway just by the descriptions of each stage. But we've created the Intuitive Leadership Assessment to help you more easily determine your current place on the Pathway. This 20-question Assessment will identify your current stage of intuitive awareness.

## Intuitive Engagement Pathway



**“Intuition is a very powerful thing, more powerful than intellect, in my opinion.”**

**— Steve Jobs**

## Intuitive Leadership Assessment

*This is a self-scoring instrument. Give yourself the number of points for each answer you choose. For example, if you choose "4 – Often" for any question, give yourself 4 points.*

	Question	1	2	3	4	5
		Never	Rarely	Sometimes	Often	Always
1	I trust my gut feelings and inner sense to lead me to better outcomes.					
2	I am willing to allow more than just facts in my decision-making process.					
3	I can sense the energy of a room or place I am in.					
4	Before a negative or positive event occurs, I have a sensation or knowing about it.					
5	I get strong hits or feelings when I meet someone new					
6	I include my inner compass in making decisions and innovating.					
7	I take time to develop my intuition					
8	I model for others how to use their intuition to increase innovation and creativity.					
9	When I ignore my gut feelings or intuition, I regret it.					
10	Before I am aware of a crisis or issue, I have a sense that something is wrong.					
11	I've prevented unnecessary stress and crises by slowing down and using my intuitive intelligence					
12	I include other people's gut instincts in our collaborative team culture.					
13	I am aware that I get signals and cues.					
14	I encourage other people to use their intuition when selling, making decisions or hiring.					
15	I have had feelings of "deja vu" when I'm with people I have never met before or in places that are new to me.					
16	I can sense whether someone is telling the truth or not.					
17	My creative ideas sometimes come from somewhere else.					
18	I get answers to questions I have been thinking about after I wake up or while meditating or exercising.					
19	I use my intuition to hire the right people.					
20	I often take the time to sleep on it before making key decisions.					

*After you've calculated your score, check your results on the following pages. For each stage of your intuitive journey, we've included recommendations for working your way to the next step.*

**Spark Innovation**

**Make Better, Faster Decisions**

**Cultivate High-Performance Teams**

**Increase Revenue and Profits**

**Foster Employee  
Engagement**

*"All human knowledge thus begins with intuitions, proceeds thence to concepts, and ends with ideas."*

— Immanuel Kant

## If you scored 20–33 points ...

### Awareness

You're still somewhat skeptical about your intuition. You've heard the term, but you don't give it much credence.

Maybe you get a flash of something every once in a while, but you prefer to base your decisions on logic and facts.

As you begin to learn about your intuitive skills and abilities, keep an open mind. Remember that intuition is an additional way to identify data points that are useful for making decisions.

### Continuing Your Journey

Set aside 10–15 minutes where it's quiet and you can be alone. Getting in touch with your intuition sometimes requires shutting out the rest of the world, at least temporarily. Think back to some important decisions you've made in your life: where to attend school, proposing to a life partner, starting a business with a colleague.

How do you feel about those decisions now? Is that how you felt at the time you made them? Can you identify occasions in your life where you didn't listen to that inner voice, your initial gut sense, and the decision was the wrong one? Or regretting an opportunity that you didn't follow up on?

What are some of the current major questions in your life? How could you become more aware of those inner signals and cues to help you answer those questions?



## If you scored 34–46 points ...

### Acceptance

At this stage, you've recognized that you have intuitive abilities, though you're unsure how to really harness the power of your intuition.

You can look back and track when you've received inner signals and cues that alerted you to information around you in the distant or recent past.

Through regular practice, you can build your intuitive skills so they start to feel more natural and easier to access.

### Continuing Your Journey

To make progress on your intuitive awareness journey, you'll need to better understand the dimensions of intuition we all have: Directional Intuition (about yourself); Social Intuition (you and others); Informational Intuition (you and the environment).

Start by simply trying to pick up on what's happening in various interactions throughout your day. A great way to do that is by taking notes or keeping a journal. Why did that meeting really go off the rails? What's behind your boss cutting someone short in a conversation? What happened to make that sales meeting go so smoothly?

Raising your awareness of what's going on around you -- and what that awareness tells you -- will help you get to the next stage: Listening.



## If you scored 47-59 points ...

### Listening

Now that you're more comfortable with recognizing your intuition, it's time to listen more closely for your particular signals and cues that your intuition sends. This is where it goes from a "concept" that you understand and agree with, to your own experience.

This is the stage that involves learning your specific intuitive language and how your intuition speaks to you. With our constant stream of busy-ness and the fast pace of business, you'll need time to slow down and quiet your mind so that you can listen more closely.

### Continuing Your Journey

As you deepen your practice of listening to your intuition, you may run into a roadblock: your inner critic. It's so important to distinguish your inner critic from your intuition. That nagging, negative voice in your head has a function: it's trying to protect you. But it does not give you an accurate picture of what's going on around you -- or inside you.

One simple method when you hear that negative voice is simply to acknowledge it and let it go, knowing that it's served its purpose. This will quiet your mind and allow you to listen more deeply to your intuition.

Meditation and mindfulness exercises are great habits to start to really hear what your intuition is telling you. Take a tech break and find some time to go within. Take note of what your deeper intelligence is communicating to you.





## If you scored 60–72 points ...

### Trusting

You're at the point where you regularly stop and listen to the data points your intuition provides.

It may still be difficult to distinguish your intuition from your inner critic or other voices in the room. Doubt may creep in, and you may backpedal on what you feel.

Further practice will help you to trust your intuition and distinguish this from common saboteurs such as doubt and fear.

### Continuing Your Journey

At this point, you've gained a high degree of comfort with trusting what your intuition tells you. But all that trust won't mean anything if you don't take action on what you've learned.

Moving forward to the next stage means getting comfortable with risk. Trusting your intuition is going to provide much more data than you've ever had, which means you may make decisions completely differently. And there's definitely a learning curve to making decisions this way!

Using your intuition, take action on smaller decisions like where to take your next vacation or which vendor to go with to redesign your website. How does that feel for you? What does trusting your intuition tell you about taking action? This will build confidence in trusting this inner resource for the bigger decisions in your business and in your life.



## If you scored 73–85 points ...

### Acting/Embodying

Your intuitive skills really don't mean much if you don't use the information your intuition provides. You may trust what your intuition is telling you, but to really embody your intuitive skills, you need to act on your intuition for it to be valuable.

For example, are you having the conversations that you know you need to have? This is how you put your intuitive intelligence into action for innovative results.

### Continuing Your Journey

Continue to stretch your comfort zone by consciously incorporating your intuition to make decisions and take action. It takes both courage and commitment to see transformation.

How can you use your intuition to respond to events around you, instead of just reacting? Where do you need to slow down and pause before impulsively reacting to the situation?

The best leaders today are highly adaptable by slowing down and then taking action on their intuitive intelligence. Remember that continuing to hone your intuitive skills provides more data points for you to make those better decisions.



## If you scored 86–100 points ...

### Leading/Teaching

You have honed your intuitive skills and regularly rely on the data from your intuition. You know how to take action and skillfully use your intuition to solve problems and make better, faster decisions.

How can you lead your team or organization to advocate for the use of intuition in the workplace? This stage is about encouraging others to develop their intuitive intelligence and put this into practice to truly foster and innovate a trailblazing culture.

### Continuing Your Journey

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How can you use your intuition to respond to events around you, instead of just reacting? Where do you need to slow down and pause before impulsively reacting to the situation?

The best leaders today are highly adaptable by slowing down and then taking action on their intuitive intelligence. Remember that continuing to hone your intuitive skills provides more data points for you to make those better decisions.



## **Businesses that harness intuition have an invisible edge over those that don't. The challenge is in guiding staff to use their intuition in a way that's relevant to your business. Here's how we can help:**

Read Invisible Edge founder Rick Snyder's new book, *Decisive Intuition: Use Your Gut Instincts To Make Smart Business Decisions*. Learn how to integrate business with the latest in performance psychology and intuition so you can innovate to the next level. Available on Amazon and wherever books are sold.

Check out Leadership Academy, our unique online learning environment. Whether you're training 10 or 10,000 people, Leadership Academy brings the power of intuitive intelligence right to your employees' desktops and mobile devices.

If you're ready to take your business to the next level, Invisible Edge, provides executive coaching, advising, and mentoring for teams of all sizes—from Fortune 500 corporations to entrepreneurial startups. Contact us today at [info@invisible-edgellc.com](mailto:info@invisible-edgellc.com)