



View from the Top

Personal Assessment

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Identity

“When I discover who I am, I’ll be free.” Ralph Ellison, Invisible Man

When you feel incomplete you attempt to make yourself invulnerable by building somewhat of a security wall around yourself. This wall ends up becoming your self-imposed prison.

Please tell me who you are in seven words or less.

Who would your spouse say you are?

What do you think your closest friend would say about who you are?

The incomplete man tries to postpone or even prolong his misery rather than digging in to get to the core of it.

How much of your identity is tied up in your occupation?

How much of your true identity is reflected accurately in social media?

If your possessions or title were eliminated would your identity remain the same?

When you are asked to introduce yourself, what are the first dozen words?



Do you work diligently at making sure others know who your important friends and colleagues are to spice up your identity?

“I hate how I don’t feel real enough unless people are watching.”

Chuck Palahniuk, *Invisible Monsters*

If your most important relationship ended today, how would this affect your identity?

What are the three core words you would choose to describe your present identity?

“Don’t let the noise of others’ opinions drown out your own inner voice.”

Steve Jobs

The purpose of life is to discover your real identity. The meaning of life will be answered when you find your identity

Ideals

Do you know what happens when you’re good at following a path? You continue to support it, no matter where it leads you.

“Better to fight for something than live for nothing.” George S. Patton Jr.

None of us ever reach our full potential. However, at this point in life do you feel as though you are maximizing your full potential as best you know how?

Have you even established what an ideal life would be?



We have to prioritize our priorities. Currently, what are your top three priorities? You can say what they are, but your actions are speaking openly.

What would you like for your ideal priorities to be?

“Your belief determines your action, and your action determines your results, but first you have to believe.” Mark Victor Hansen

What would you say would be an ideal day?

How would you describe an ideal work environment?

Please describe an ideal relationship with your life partner

List two yet achieved ideal life experiences

The first time I pondered my ideal life, I was blown away. It's a simple concept but not easy to decipher by any means. To describe my ideal life goes against the decades of societal training we've been taught.

“No wind works for the man that has no intended post to sail towards.”
Michel de Montaigne



Needs

I feel alive and satisfied when my needs are met. Psychologically I feel best when my relationships are intact, and I'm confident at what I do.

“Doing what needs to be done may not make you happy, but it will make you great.”

George Bernard Shaw

Are you satisfied spiritually? Explain.

Are you satisfied physically? Explain.

Are you satisfied emotionally? Explain.

Are you satisfied relationally? Explain.

Are you satisfied financially? Explain.

“There's never enough of the stuff you can't get enough of.” Patrick H.T. Doyle

Are you making your needs known?

I understand being a servant leader first is paramount then the natural reciprocity will be my needs getting met. However, right now I'm having trouble with this because...

If they would do this _____ first, then I would do this _____.



“Burning bridges behind you is understandable. It’s the bridges before us that we burn, not realizing we may need to cross, that brings regret.” Anthony Liccione

Are you taking the time to be fully aware of your surroundings noticing unspoken signs?

Are you pausing long enough to think through your decisions when cravings arise? What are your vices?

Take just a minute and evaluate the following needs

Are you completely satisfied with the quality of your relationships?

Are you focusing on your strengths or weaknesses?

Who is making your day to day decisions?

Even by becoming fully aware of all your needs doesn’t guarantee that they’ll be met, but it does increase the possibility of greater success. This allows every individual the ability to focus and honor those that we care the most about in our lives. Let’s be honest, we all have needs, and it’s critical that they are met.



Relationship

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.” C.G. Jung

Are you relational?

Do you have the desire for intimate relationships?

What three qualities are necessary for an amazing relationship?

What is your closest relationship? Why is this person, that person?

Do relationships give you energy or drain you?

In most relationships do you have your best interest at heart or the other person?

Can you be non-judgmental related to your thoughts, feelings, concerns, and desires, even when they differ in a relationship?

“There is greatness in doing something you hate for the sake of someone you love.”
Shmuley Boteach

Do you lose your individuality by finding yourself in your partner or spouse's identity?

Do you feel co-dependent in any relationships?



Do you feel less than rather than equal to in most relationships?

The qualities of openness and honesty are essential to a healthy, thriving relationship. Do you have these qualities?

Strong relationships are the key to success both personally and professionally. Are you willing to be intentional about building relationships?

Wounds from a friend can be trusted, but an enemy multiplies kisses Proverbs 27:6

Career

If you work crazy hours, you may come home one day with a pocket full of money to a house full of strangers.

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. Napoleon Hill, *Think and Grow Rich*

What is your #1 goal in your career?

Do you anticipate your present occupation as being your career long-term?

What is the #1 challenge today with your career?

Do you feel as though you define yourself by your job description?



You can't depend on your eyes when your imagination is out of focus. Mark Twain

We work to live; we don't live to work.

What would it take to increase your work productivity by 25%?

Are you satisfied with the financial possibilities of your current career?

If I could eradicate these three things, my career would be amazing.

My career is very motivational, inspiring and satisfying. If it's not, why not?

If I had a re-do in the career space, I would have chosen this field?

"The home is the ultimate career. All other careers exist for one purpose, and that is to support the ultimate career." C.S. Lewis



Businessman and Life Coach, Aaron T. Walker, has inspired many through his leadership, mentorship and consistent pursuit of excellences. He enjoys helping other men. Aaron draws upon his 38 years of entrepreneurship and marriage to help men live on purpose. Aaron helps men grow to become more successful and significant.



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