



## CHIRON'S WAY

CONCEIVE BELIEVE ACHIEVE

### Quantum Power Personal Assessment

The Quantum (Authentic) Power Scale is a personal assessment tool designed to support you in discovering areas in your life where you experience power loss. When you use this scale, it is important to consider your life as clearly as you can, before honestly and authentically assessing your capacity to feel, and be, power-full in the following areas.

While doing the assessment, you may also discover personal beliefs, thoughts, assumptions and stories about why you may be experiencing power loss in certain areas of your life. Make note of any that feel significant as you may want to work with them at another time.

On a scale from 1-4, rate your answer to the following. Circle the most appropriate response.	1. Never		3. Usually	
I check in with myself before getting advice from others.				
I communicate effectively with people of all ages, beliefs and perspectives.				
I am able to resolve conflicts with ease when they arise.				
I feel powerful and influential in my life.				
I have no fear or anxiety around money.				
I fully express and demonstrate my creativity.				
I communicate my needs and desires openly and honestly.				
I have healthy boundaries in my relationships.				
I'm inspired by the accomplishments of others.				
I enjoy collaborating and working with people.				
I adapt easily to changes and challenges.				
I appreciate myself and take care of my needs.				
I feel confident and self-expressed.				
I am a good listener and allow others to speak without interrupting.				
I openly receive support and suggestions from others.				
I give feedback in respectful ways when asked.				
I find power in authenticity and vulnerability.				
My work is aligned with my purpose.				
I look for the positive in people and situations.				
I am responsible for my own success and accomplishments.				

Total your results to find your Score:				
Total:				

## Assessing Your Personal Power:

Level 1: 0-20 Beginning

Level 2: 21-40 Developing

Level 3: 31-60 Accomplished

Level 4: 61-80 Exemplary

- **Level 1:** You're Taking First Steps! This level indicates awareness about personal power is beginning to emerge.
- **Level 2:** You're On the Right Track! Performance and understanding about personal power are present and developing though mastery is not yet thorough.
- **Level 3:** You're Going Beyond in terms of embodying authentic power. There are some areas of your work and/or life that exceed common expectations and demonstrate solid performance or understanding.
- **Level 4:** You have Super Powers! Most or all areas of your work and/or life show exemplary performance or understanding.

If you are interested in increasing your personal and/or professional power, I'd be honoured to work with you. There are a variety of options to choose from including 1-1 sessions to **transform a troublesome block or limitation, mentoring packages for a wider range of focus** or ... if you're ready for a **transformational immersion**, the Chiron's Way Herd and I welcome a small number of people each year for a **1-1-4 day of Horse Power**. You, me and 4 equine masters. There is no hiding from yourself whilst in the company of horses so these days are only for folks who are ready for, and committed to, broad foundational change. If you'd like to learn more, please get in touch at the email below.

Here's to your Quantum Leaps,  
Sandra

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