

Growth Masterclass Questionnaire

A reflective compass for purpose, balance, and courageous leadership. This questionnaire is designed to help you pause, assess honestly, and prepare for transformational growth. Take your time with each section—your answers will guide your journey through the masterclass series.

SECTION 1

Your North Star (Purpose Alignment)

> "We have got to play the game anyway, so we might as well win."

Purpose is not something you find once and forget. It's a compass you return to daily, especially when life gets noisy or demanding. This section invites you to articulate what your life is ultimately for—not in abstract terms, but in clear, actionable language that can guide your decisions.

01

Define Your Purpose

In one sentence, what do you believe your life is ultimately *for*? Write it down as if you were explaining it to someone who matters deeply to you.

02

Identify Your Impact

When your life is fully aligned, what impact should others experience because you exist? Think beyond achievements—what should people feel, know, or become?

03

Name the Distractions

What currently distracts or diverts you from this bigger purpose? Be specific. Is it busyness, fear, comparison, or something else entirely?

Self-Rating: I feel my purpose clarity today is: ⬜ Very unclear ⬜ Somewhat unclear ⬜ Clear ⬜ Very clear

SECTION 2

The Four Quadrant Life Scorecard

Success is only success if all four quadrants are healthy. Many high-achievers excel in one or two areas whilst neglecting the others, creating an imbalance that eventually leads to burnout, regret, or disconnection. This scorecard asks you to rate each quadrant **as it truly is now**, not as you wish it were.

Spiritual / Inner Life

Identity, devotion, inner alignment

Score (1–10): ___

Family & Relationships

Presence, care, priority, love

Score (1–10): ___

Career / Work / Calling

Growth, excellence, contribution

Score (1–10): ___

Personal Health & Self-Care

Energy, rest, emotional health

Score (1–10): ___

Reflection Questions

- Which quadrant is strongest right now? What practices or priorities are supporting it?
- Which quadrant is most neglected? Why has it fallen to the bottom of your list?
- Where have you been "successful" at the expense of balance? What has that cost you?

SECTION 3

Potential vs Comparison

> "Comparison is short-sighted. Reaching your potential is success."

Comparison robs you of clarity, courage, and contentment. It convinces you that someone else's pace is the standard for your progress. But potential is deeply personal—it's about becoming the fullest version of *you*, not a version of someone else.

This section asks you to examine where comparison has subtly infiltrated your mindset and limited your bravery. The goal is not to ignore others entirely, but to shift your focus from their highlight reel to your unique trajectory.



Answer Honestly

1 Identify Comparison Triggers

Where do you most often compare yourself to others? (Career milestones, relationships, lifestyle, social media, physical appearance?)

2 Recognise the Cost

How has comparison limited your confidence or bravery? Has it kept you from starting something, speaking up, or taking a risk?

3 Imagine Freedom

If comparison were removed entirely, what potential might emerge? What bold step would you take if no one else's timeline mattered?

Statement Check (Tick what resonates):

- ⬜ I often judge progress by others' pace
- ⬜ I feel dissatisfaction with where I am (healthy or unhealthy?)
- ⬜ I believe I am capable of more than I am currently expressing

SECTION 4

Weights, Resistance & Momentum

> "Carefully evaluate and challenge all the weights."

Imagine your life as a boat on water. Momentum comes from direction, effort, and removing unnecessary drag. But most of us carry invisible weights—habits, mindsets, commitments, fears, or distractions—that slow us down without us realising it. This section asks you to identify what is slowing your "boat" and to consider what small change might create surprising momentum.

List Up to Five Current Weights

Habits

What daily or weekly patterns drain energy or delay progress?

Mindsets

What limiting beliefs or internal narratives keep you stuck?

Commitments

What obligations no longer align with your purpose or season?

Fears

What anxieties or worst-case scenarios hold you back?

Distractions

What consumes time or attention without adding value?

Reflection

- Which weight is self-imposed? What would it take to release it?
- Which one requires courage to confront? Who could support you in doing so?
- What *small* change (not dramatic) would increase momentum immediately?

SECTION 5

SWOT for Life & Leadership

A SWOT analysis is traditionally a business tool, but it's equally powerful for personal growth. This framework helps you take an honest inventory of your current reality: what you're doing well, where you're vulnerable, where opportunity exists, and what external threats require attention. Complete each section briefly but truthfully.

Strengths

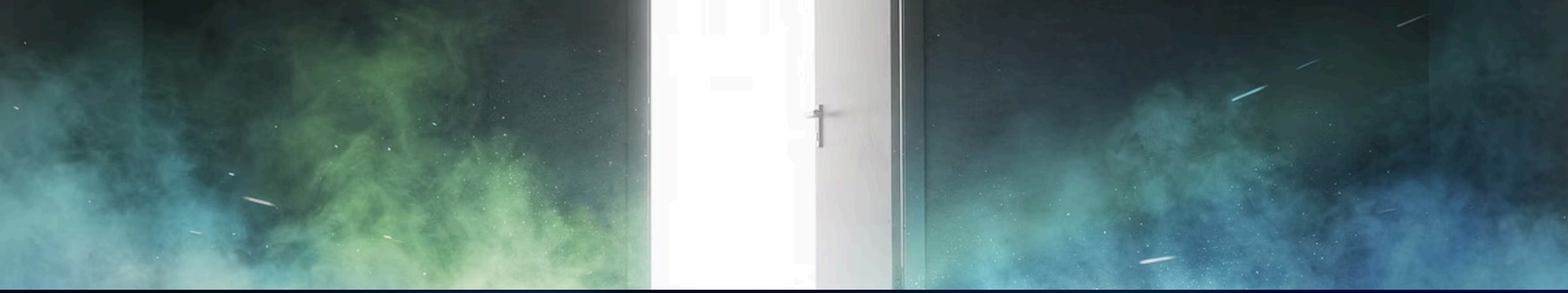
What you guard and build. These are the gifts, skills, values, or patterns that consistently serve you well. Identify 3–5 strengths you want to protect and amplify during this season.





Weaknesses

What you manage and not ignore. These are the gaps, blind spots, or areas where you consistently struggle. Acknowledging them is not defeat—it's wisdom. Identify 2–4 weaknesses you need to manage more intentionally.



Opportunities

Your key growth zone. These are the open doors, emerging possibilities, or untapped potential in front of you right now. What could you step into if you were braver or more intentional? List 2–3 opportunities.

Threats

Who or what helps you counter these? Threats are external pressures, risks, or challenges that could derail your progress if left unaddressed. They might include toxic relationships, economic uncertainty, health concerns, or shifting markets. Identify 2–3 threats and consider who or what could help you navigate them.





Pause & Reflect

Take a moment to review your SWOT analysis. What patterns emerge? Are you surprised by anything you've written? Often, the act of naming these four dimensions brings clarity that was previously elusive. Before moving forward, consider this: **What single insight from your SWOT could shift your trajectory if you acted on it this week?**

SECTION 6

Self-Care & Inner Leadership

> "Treat yourself the way you would treat someone you love."

Self-care is not indulgence—it's stewardship. You cannot lead others well, pursue purpose effectively, or sustain momentum if you are running on empty, speaking harshly to yourself, or relying on substitutes to cope with stress. This section invites you to examine how you are treating yourself and whether that treatment aligns with the way you would care for someone you deeply love.



Tick What Is Currently True

- ⬜ I manage rest and sleep well
- ⬜ My self-talk is mostly constructive
- ⬜ I forgive myself quickly
- ⬜ I have healthy boundaries
- ⬜ I give back and practise kindness
- ⬜ I avoid using substitutes or addictions to cope

Reflection

Where am I being harsh, neglectful, or unrealistic with myself? What would change if I extended myself the same grace I offer to others?

SECTION 7

Leadership Under Pressure

> "Fear is a reaction; courage is a decision."

Pressure reveals character. When circumstances tighten, deadlines loom, or conflict arises, we often revert to reactive patterns rather than leading with intention. This section asks you to name the current pressure you're facing and to distinguish between *reacting* and *leading*. Courage is not the absence of fear—it's the decision to act wisely despite it.

1

Name the Pressure

What pressure or "tough season" are you currently facing? Be specific—vague answers yield vague insights.

2

Identify the Reaction

How are you *reacting* rather than *leading*? Are you withdrawing, overworking, blaming, or avoiding? What does fear look like in your current behaviour?

3

Choose Courage

What would courage look like in your next decision? Not recklessness, but thoughtful, values-aligned action despite uncertainty.

SECTION 8

Culture Check (Thermostat or Thermometer?)

A thermometer reflects the temperature of a room. A thermostat sets it. Leaders, whether in a boardroom, a family, or a community, have the opportunity to shape the atmosphere around them. But too often, we unconsciously absorb the mood, anxiety, or negativity of our environment rather than intentionally creating a healthier one. This section asks you to assess: Are you reflecting atmospheres—or setting them?

Answer Instinctively

Reflection vs Creation

Do I mostly reflect atmospheres—or set them? When I walk into a room, do I absorb the energy or shift it?

Self-Talk Standards

Would I let others speak to me the way I speak to myself? If not, why do I tolerate it from my own inner voice?

Your Cultural Footprint

What "culture" do people experience when they are around me? Am I creating safety, inspiration, growth—or something else?

One-Line Intention

During this masterclass series, I want to grow in...

(Write your intention here. Be specific. This will anchor your participation.)



Final Orientation Statement

Before attending the live masterclasses, read this aloud or silently. Let it settle into your mind and heart as a declaration of intent. This is not a wish or a hope—it's a decision.

I choose growth over comfort

"I choose growth over comfort, purpose over distraction, potential over comparison. I will engage fully, reflect deeply, and act courageously."

Sign your name or initial here as a personal commitment:

_____

HOW THIS WILL BE USED

How This Will Be Used in the Masterclass

This questionnaire is not a one-time exercise—it's a living compass you'll return to throughout the masterclass series. Your responses will guide group discussions, personal coaching moments, and action planning. Come prepared to engage, share selectively, and leave with clarity.

01

Revisit This Compass Live

We'll reference key sections during live sessions, allowing you to deepen your insights and hear from others navigating similar challenges.

02

Map Insights to the Four Quadrant Model

Your scorecard will serve as a baseline for tracking progress and identifying where focused effort will yield the greatest return.

03

Identify 1–3 Growth Commitments

By the end of the masterclass, you'll have concrete, actionable commitments tailored to your unique season and purpose.

04

Build a Personal Action Rhythm

Post-masterclass, you'll leave with a sustainable rhythm for implementing what you've learnt—because insight without action is merely inspiration.

Welcome to the journey. Your growth starts now.