

The 1% Executive Standard Self-Check

A Leadership Scoring Guide for Composure, Clarity, and Influence

High performing leaders often reach a point where the habits that once drove their success start creating friction. The workload grows. Expectations rise. Decisions carry more weight. And the pressure begins to follow you home.

This self-check is designed to help you step back and assess three qualities that consistently separate trusted executive leaders from high performing strivers: **composure, clarity, and influence.**

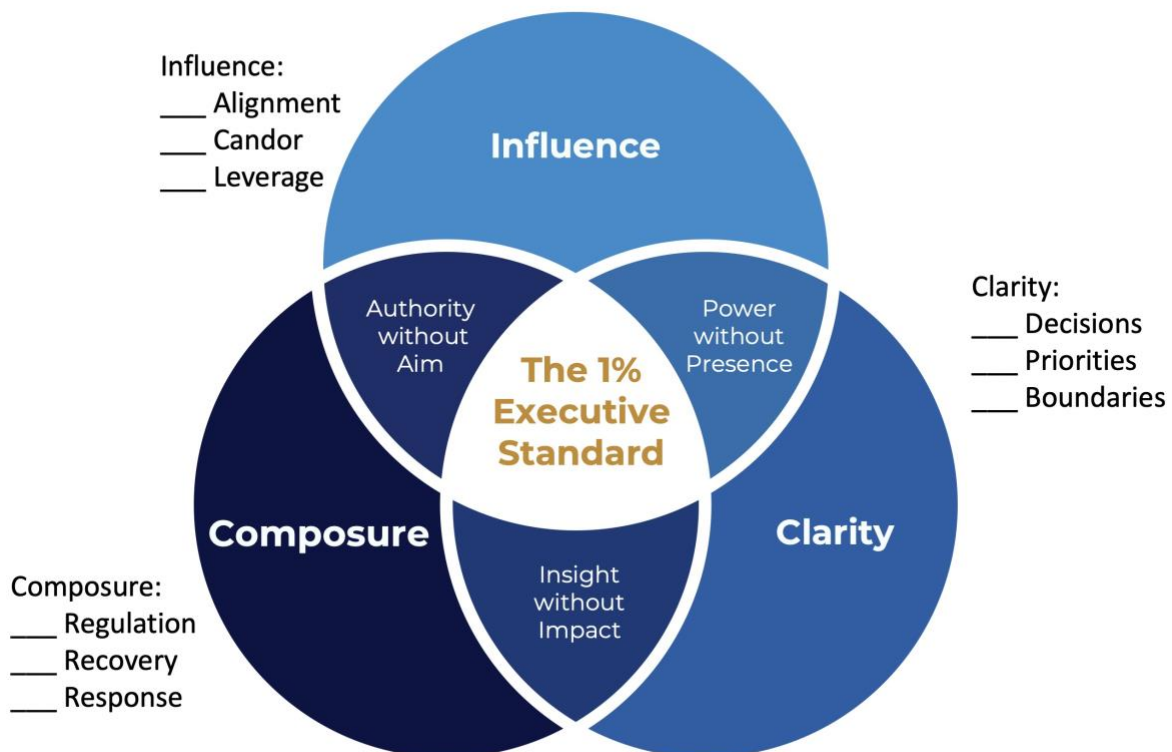
As you go through the nine leadership keys in the video, score each one **Red, Yellow, or Green** based on how consistently it shows up in your leadership right now.

Green means you can rely on it even when the pressure is high.

Yellow means it works sometimes but not consistently.

Red means it breaks down when it matters most.

Don't overthink the scoring. Go with your first honest answer.



Before our call, do two things.

- First, note the circle with the most red and yellow.
- Second, write down one recent situation that captures it.

Then take one minute and write a future snapshot. Picture a Tuesday morning, two months from now, when you're leading at the 1% Executive Standard.

Write three sentences...

What do you feel in your body as you walk into the meeting?

What's different in how you decide and communicate when the stakes are high?

What's different at the end of the day, are you still carrying it, or can you actually be off?

When we start, I'm going to ask you three questions.

- As you scored yourself, what stood out that you didn't expect to see?
- What's the cost of that pattern, professionally and personally?
- If that lowest area shifted, what would become easier immediately?