

CORE

Assessment & Progress Tracker

Curiosity · Obsession · Resilience · Empathy

Date: _____ Name: _____

PART ONE · INITIAL ASSESSMENT

Rate yourself honestly from 1 (not characteristic of me) to 5 (very characteristic of me) on each statement. Circle your score in the right-hand column.

C

CURIOSITY

Rate each statement 1 (not like me) to 5 (very like me)

Statement	1	2	3	4	5
1. I enjoy learning about a wide variety of subjects.	1	2	3	4	5
2. I spend more time asking questions and listening than talking about myself.	1	2	3	4	5
3. I regularly step outside my comfort zone and try new things.	1	2	3	4	5
4. When things don't go as planned, I dig deep to understand why — I don't accept the surface-level answer.	1	2	3	4	5

Total Curiosity Score

_____ / 20

O

OBSESSION

Rate each statement 1 (not like me) to 5 (very like me)

Statement	1	2	3	4	5
1. I can stay focused on one task for a long time without issue.	1	2	3	4	5
2. I am conscious of how often I switch tasks or get diverted by distraction.	1	2	3	4	5
3. Once I start a project, I always see it through to completion.	1	2	3	4	5
4. I consistently prioritize and take action on my most important tasks.	1	2	3	4	5

Total Obsession Score

_____ / 20

R

RESILIENCE

Rate each statement 1 (not like me) to 5 (very like me)

Statement	1	2	3	4	5
1. I am comfortable with uncertainty and change.	1	2	3	4	5
2. I see obstacles as learning opportunities rather than roadblocks.	1	2	3	4	5
3. I practice gratitude daily.	1	2	3	4	5
4. I have regular practices to rejuvenate myself and restore my energy.	1	2	3	4	5

Total Resilience Score	_____ / 20
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E

EMPATHY

Rate each statement 1 (not like me) to 5 (very like me)

Statement	1	2	3	4	5
1. I reflect back what others say, ensuring they feel heard.	1	2	3	4	5
2. I focus more on what I contribute to others than on what I receive.	1	2	3	4	5
3. I communicate my ideas clearly, confidently, and compellingly.	1	2	3	4	5
4. I take 100% responsibility for my actions and outcomes.	1	2	3	4	5

Total Empathy Score	_____ / 20
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YOUR CORE SCORE SUMMARY

Attribute	Initial Score	Updated Score
Curiosity	_____ / 20	_____ / 20
Obsession	_____ / 20	_____ / 20
Resilience	_____ / 20	_____ / 20
Empathy	_____ / 20	_____ / 20

ACTION PLAN • THIS QUARTER

Based on your lowest scores, choose 1–2 attributes to focus on this quarter.

<p>Focus Area 1</p> <p>Attribute: _____</p> <p>Action Step 1:</p> <p>_____</p> <p>Action Step 2:</p> <p>_____</p> <p>Action Step 3:</p> <p>_____</p>	<p>Focus Area 2</p> <p>Attribute: _____</p> <p>Action Step 1:</p> <p>_____</p> <p>Action Step 2:</p> <p>_____</p> <p>Action Step 3:</p> <p>_____</p>
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QUARTERLY REVIEW

Review Date: _____

VICTORY LOG

Record specific moments where you demonstrated growth in any CORE attribute. Be specific — what happened, and what did you do?

#	Situation	Attribute Demonstrated
1 Date: _____	Situation: _____	CORE Attribute: _____
2 Date: _____	Situation: _____	CORE Attribute: _____
3 Date: _____	Situation: _____	CORE Attribute: _____

REFLECTIONS

Key Learnings this quarter:

What surprised you most?

What will you do differently next quarter?

UPDATED SCORES • PROGRESS CHECK

Attribute	Initial Score	Updated Score
Curiosity	_____ / 20	_____ / 20
Obsession	_____ / 20	_____ / 20
Resilience	_____ / 20	_____ / 20
Empathy	_____ / 20	_____ / 20

Progress notes:

ACTION PLAN • NEXT QUARTER

Based on your updated scores, choose 1–2 attributes to focus on next quarter.

<p>Focus Area 1 Attribute: _____ Action Step 1: _____ Action Step 2: _____ Action Step 3: _____</p>	<p>Focus Area 2 Attribute: _____ Action Step 1: _____ Action Step 2: _____ Action Step 3: _____</p>
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Remember:

Missing a target isn't failure — it's feedback. Set a new deadline, review what you learned, and go again. The CORE attributes aren't destinations. They're the game you play for life.