

The Authenticity Maximiser: How real are you?

Notice to what degree you sell out your unique thoughts and convictions, and consequently your leadership power, integrity and vitality. Be a tough marker. Maximum marks of 100 is a lifelong project

I...	1 = Never 10 = Always
Say what I think and feel without worrying about ridicule or criticism from others	
Am willing to be 100% straight even if others might get upset	
Do what I do because I want to, not because others think I should	
Stand my ground when faced with contention versus habitually caving in or selling out	
Respond with purpose and thought to situations and conflict, versus a knee-jerk reaction when my 'buttons are pushed'	
Stay 'true to myself' versus making me or my viewpoint smaller around people who are 'smarter', 'more senior', 'more charismatic' or more 'pushy' than me	
Get over setbacks quickly versus brooding on regrets or endlessly go over what I could or should have said	
Can say that my words and actions come from conviction about my true value versus proving myself or seeking justification	
Have no trouble admitting I don't know the answer	
Recognise my needs and tell people what I want and how they can satisfy me	

*"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."*

Dr. Seuss, The Lorax