

Am I Reaching My Full Potential?



A 3-Minute Self-Assessment



Unlocking Your Human Potential Begins with Awareness

Each of us has untapped potential waiting to be expressed. Sometimes what holds us back isn't a lack of ability—it's a belief, habit, or mindset we haven't yet recognized.

Take a few minutes to reflect honestly. There are no right or wrong answers. This assessment is designed to help you identify areas where you may be limiting yourself—and where your greatest opportunities for growth may lie.

Rate Yourself

For each statement, write a number:

1 = Rarely - 2 = Sometimes - 3 = Often -
4 = Usually - 5 = Consistently

Confidence & Self-Trust



1. I trust myself to make important decisions. _____
2. I believe I am capable of achieving more than I currently have. _____
3. I take action even when I feel uncertain. _____
4. I recover quickly after setbacks or disappointments. _____



Growth & Possibility

5. I regularly step outside of my comfort zone. _____
6. I embrace change as an opportunity to grow. _____
7. I focus more on possibilities than limitations. _____
8. I continue learning and developing myself personally or professionally. _____

Purpose & Impact



9. I feel connected to a meaningful purpose.

10. I believe my life makes a positive difference. _____

11. I use my strengths to serve others.

12. I wake up feeling excited about what I'm creating in my life. _____



Mindset & Resilience

13. I don't allow fear to stop me from taking action. _____

14. I recognize and challenge limiting beliefs. _____

15. I maintain a positive mindset during difficult times. _____

16. I focus on what I can control rather than what I cannot. _____

Living Fully



17. I make time for my physical and emotional well-being. _____

18. I communicate authentically and confidently. _____

19. I feel I am becoming the person I truly want to be. _____

20. If an incredible opportunity appeared tomorrow, I would feel ready to say "Yes."

Am I Reaching My Full Potential?



Your Results

Add your total

Total Score: _____

80–100

You're Living Your Potential

You have a strong foundation of confidence, resilience, and purpose. Continue stretching yourself, embracing new opportunities, and investing in your personal growth.

Ask yourself:

"What is my next level?"



Your Results

60–79

You're Growing Into Your Potential

You're making meaningful progress, yet there may be one or two areas quietly holding you back. Increasing your self-awareness and taking intentional action can create significant breakthroughs.

Ask yourself:

"What's one belief, habit, or fear that I need to let go of?"



Your Results

40–59

Your Potential Is Waiting to Be Unlocked

You may be spending too much energy managing stress, self-doubt, or uncertainty instead of fully expressing your gifts. The good news is that awareness is the first step toward transformation.

Ask yourself:

"What small step could I take this week that my future self will thank me for?"



Your Results

Below 40

It's Time to Reconnect with Your Potential

You may be feeling overwhelmed, discouraged, or disconnected from the life you truly want. Remember: your current circumstances do not define your future. Every meaningful transformation begins with one courageous decision.

Ask yourself:

"What would change if I truly believed in myself?"

Here's your next steps to Continue to Unlock Your Potential

(When you have more time)



No matter what your score, remember this:

Your potential already exists within you.

It isn't something you have to earn, create, or become, it's something waiting to be discovered and expressed. As you release the beliefs, fears, and habits that have been holding you back, you naturally uncover more of who you truly are. And when you live from that place, you don't just reach your potential, you create a more inspired, empowered, and meaningful life.

Choose one area to focus on over the next 30 days.



- ☐ **Trust yourself more.**
- ☐ **Strengthen your confidence.**
- ☐ **Release one limiting belief.**
- ☐ **Take one courageous action you've been avoiding.**
- ☐ **Invest in your physical and emotional well-being.**
- ☐ **Spend time each day reflecting, journaling, or practicing quiet awareness.**
- ☐ **Say "yes" to one opportunity that stretches you.**
- ☐ **Use your gifts to make a greater difference in the lives of others.**

Reflection Questions



- 1. What was your biggest insight from this assessment?**
- 2. Which statement challenged you the most?**
- 3. What's one action you will commit to taking this week?**

Work with Nanci

Nanci Deutsch, LCSW, is a speaker, licensed clinical social worker, business coach, and host of the **Inspired & Empowered Living TV and podcast show**, reaching more than 19,000 listeners and viewers each month.

For more than 35 years, Nanci has helped individuals, entrepreneurs, leaders, teams, and organizations move beyond self-doubt, stress, burnout, and limiting beliefs so they can unlock their potential and achieve greater confidence, resilience, and success.

Blending psychology, neuroscience, emotional intelligence, mindset, and intuitive insight, Nanci provides practical strategies that help people strengthen resilience, improve decision-making, increase performance, communicate more effectively, and lead with greater confidence and purpose.

Nanci believes your greatest potential isn't something you have to create—it's already within you, waiting to be uncovered. Her mission is to help individuals, leaders, teams, businesses, and organizations remove the barriers that stand in the way so they can thrive in every area of life and work.

Ready to Unlock Your Next Level?

This assessment is just the beginning. Imagine what could change if you had greater clarity, confidence, and a personalized plan for unlocking more of your potential.

I invite you to schedule a complimentary **Activate Your Potential Strategy Session**. Together, we'll identify the opportunities that can help you grow personally, strengthen your leadership, elevate your business, or increase the impact of your team or organization.

During your complimentary **Activate Your Potential Strategy Session**, you'll:

- Discover the hidden barrier that may be limiting your success, leadership, or impact.
- Gain clarity about your greatest opportunity for personal, professional, or organizational growth.
- Leave with a personalized action plan and practical next steps you can begin implementing immediately.

Whether your goal is personal growth, stronger leadership, business success, or greater organizational impact, your session will be tailored to your unique goals and challenges.

Scan the QR code on the next page to schedule your complimentary session.

Work with Nanci



To book a complimentary
Activate Your Potential
Strategy Session

Book online:

[www.inspiredandempoweredliving.com/
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Thank you!



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