Growth Rate

What is the Goal?

When, in your professional life, were you the most driven? If that time is a 10, what is your drive now on a scale of 1 to 10 in relation to the goal? Put the answer above the D below.

Consider individuals who have already achieved the career results you want on a consistent basis and give them a 10 rating. How much new learning do you need to get where they are, with 1 being a lot and 10 is none. Put your answer above the NL below.

Think about the most positive, upbeat person you know who takes risks, gets over disappointment easily, and seems to initiate change quickly, and give him or her a 1 for self-defeating thinking. What is your level of self-defeating thinking on a scale of 1 to 10, with 10 being extreme self-defeating thinking and 1 being no self-defeating thinking? Put your answer above the SDT below, and then complete the equation to determine your rate of growth.

Your Growth Rate

\[
D + NL - 2(SDT) = \text{Growth Rate}
\]

Maximum score is an 18. The higher the score, the faster you will get to the goal.

What are your thoughts after doing this exercise?