



QTI

Connecting the world:  
One transformed, inspired,  
effective, specialist at a time!

# INDIVIDUAL ENERGY AND SERVICE CAPACITY EVALUATOR

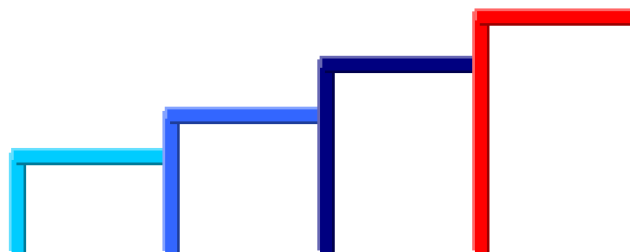
## Instructions:

Please take a few moments to think about some of the conditions present in your life today.

On the other side of this form is an evaluator that will help you to rank some of your personal capacity levels. Much like our automobile, it's good to pay attention to the level of "gas in our tanks". The gauge below indicates what each level signifies. For each statement on the evaluator, place a tick mark in the box that best matches your personal level. Be sure to note your totals.

This evaluator is just for you. I don't need to see it for the purposes of our coaching session. I am only interested that you get a quick idea of the different areas that may be signaling decreases or increases in your personal energy and service capacity.

<b>Empty</b>	=	<b>There's no where to go but up!</b>
<b>¼ full</b>	=	<b>I really need to improve!</b>
<b>½ full</b>	=	<b>I'm getting by...</b>
<b>¾ full</b>	=	<b>I want to move from good to great!</b>
<b>Full</b>	=	<b>Couldn't be better!</b>



Other Side →

# CAPACITY EVALUATOR

	<b>CAPACITY:</b>				
	EMPTY	¼ full	½ full	¾ full	FULL
<b>PHYSICAL:</b>					
My illness level is low					
My productivity levels are high					
My communication is effective					
My materials & equipment are appropriate					
My surroundings inspire great work					
My environment is healthy					
I am healthy financially					
<b>MENTAL:</b>					
I understand others expectations of me					
I have opportunities to learn and grow					
My innovation is thriving					
I am evaluated effectively					
Information is readily available to me					
I share knowledge freely					
I am becoming a Specialist					
I am guided by my clear, effective values					
<b>EMOTIONAL:</b>					
I feel heard					
I feel respected					
I feel informed					
I feel valued					
I feel included					
I encourage and practice assertiveness					
I balance harmony & achievement					
My customers are highly satisfied					
<b>SPIRITUAL:</b>					
I contribute beyond self					
I value and practice truth-telling					
I practice love, compassion & empathy					
I treat others as valued souls					
I view my customers as valued souls					
My gifts of harmony, knowledge, innovation & achievement are at mastery levels					
<b>TOTALS:</b>					