

THE MID-CAREER CHECKPOINT

Rate Yourself (1–5 Scale)
(1 = Never true, 5 = Always true)



1

I start my week feeling energized and clear about what I am building.

1

5

Never True

Always True



2

**My current role pushes
me to learn, not just
perform.**

1

5

Never True

Always True



3

I use my strongest skills
at least 80 % of the
time.

1

5

Never True

Always True



4

I end most weeks with a sense of progress, not just completion.

1

5

Never True

Always True



5

I can see how my work
today connects to who I
want to become.

1

5

Never True

Always True



YOUR SCORE:

- **20–25:** You are aligned and evolving.
- **15–19:** You are steady but stagnating.
- **Below 15:** You are in maintenance mode.



What's your total score, and what does it tell you about where you are right now?





Personal Growth Program

Helping mid-career professionals
move from maintenance to
momentum with a structured
recalibration of clarity, purpose, and
energy.