

CONGRUENCE INDICATOR

Congruence is the degree to which your *mental, emotional, and spiritual self operates in unison*. It reflects a well-developed sense of self-awareness of your beliefs, values, actions, habits, and mission and vision for your life. You are able to quickly resolve any discrepancies that may arise. *The opposite is mental, emotional, and spiritual self operating independantly.*

Action points include having integrity, following through on your word, and being yourself regardless of what you think others might think.

How often in the past 2 months have you experienced the following?

0 = never; 2 = most months; 4 = most weeks; 6 = most days

NO	QUESTION	RATING						
1	I feel like I'm authentic	0	1	2	3	4	5	6
2	I do not go along with a situation I'm not happy with	0	1	2	3	4	5	6
3	I am willing to admit my mistakes	0	1	2	3	4	5	6
4	I do not exaggerate my abilities to get ahead	0	1	2	3	4	5	6
5	I do not do things at work that are against my beliefs	0	1	2	3	4	5	6
6	I never lie to gain an advantage	0	1	2	3	4	5	6
7	I would change my job if I was no longer interested in my work.	0	1	2	3	4	5	6
8	I tell the truth even if it's going to hurt me	0	1	2	3	4	5	6
9	My work is in line with my personal value system	0	1	2	3	4	5	6

SCORING:

(Burnout: 0-30); (Pressure: 31-38); (Balancing: 39-44); (Optimal: 45-54)