

Intrapersonal Leadership Process Form

Instructions

- 1. This form is designed to be filled in online with Acrobat and submitted.*
- 2. Please complete the form by answering all the questions on pages 2-7.*
- 3. When you are finished, return to this page and click the "Print" button to print a copy of the form for your records. (**Important:** It is essential that you retain a printed copy of your answers in the event that your e-mail transmission is unsuccessful.)*
- 4. If you wish to submit the form by e-mail, click the "Submit by E-mail" button below.*
- 5. If Acrobat is unable to locate your e-mail program, please fax pages 2-7 of your printed copy to Tony Speed at **336-315-6009**.*

If you have questions, please contact Dr. Tony Speed at 336-315-6000.

Return these forms by either e-mail or fax to:

Dr. Tony Andrews-Speed

E-mail: forms@speed-flanigan.com

Fax: 336-315-6009

INTRAPERSONAL LEADERSHIP PROCESS FORM

(Information will be kept confidential)

Please answer each question carefully.

Date _____

Mr. Mrs. Ms. _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Organization _____ Phone _____

E-mail address _____

Please check if you have any of the following medical conditions:

Breathing problems (asthma, etc.)

Cardiovascular problems, such a as high blood pressure

Pregnancy

Seizure Disorder

Circulatory problems (Such as Raynauds Disease)

Have you ever done any personal development work?

YES NO If so, was it successful?

FORM A

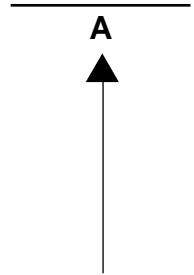
INTRAPERSONAL LEADERSHIP SCALING QUESTIONS

Skill set / Quality to be scaled on _____

If your performance/leadership was perfect in every way that would be a +10. -10 would be at the other end of the scale.

On a scale of -10 to +10, what is the highest number that you have **ever experienced** in your skill set / quality?

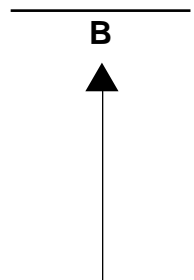
Describe an event in detail when you performed at this level.



Where would you put your skill set / quality **currently**?

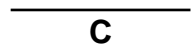
Describe in detail how you got from the lower number (_____) to the higher number (_____).
B **A**

How did you make things **BETTER**.



What is the lowest number that you have ever experienced in your skill set / quality?

Describe an event in which you performed at this level.



Please use your Human Systems (Relationship/Team/Organization) problem in completing the remainder of this form.

What are the goals/outcomes you would like to accomplish?

How will you know you have made progress towards achieving your goals/outcomes?

When you think about it, what are your feelings?

How can your (problem) situation be resolved?

After your (problem) situation is resolved, what is the first small thing you would notice that would tell you things are different?

What might others NOTICE DIFFERENT about you that would tell them that things are different with you?

What might you do different when you feel the (problem) situation is resolved?

How would your mother solve it?

How would your father solve it?

Describe yourself briefly.

What do you like most about yourself?

What do you like least about yourself?

If you were a magician, how would you change you?

Write out the two best experiences of your life.

1.

2.

Write out the two worst experiences of your life

1.

2

What do you do for enjoyment?

1.

2.

3.

What do you do to relax?

1.

2.

3.

What do you do to feel better when you are feeling bad?

1.

2.

QUALITIES QUESTIONNAIRE

List at least three positive personality qualities of your same sex parent.

1. 3. 5.

2. 4. 6.

List at least three negative qualities of your same sex parent.

1. 3. 5.

2. 4. 6.

List at least three positive personality qualities of your opposite sex parent.

1. 3. 5.

2. 4. 6.

List at least three negative personality qualities of your opposite sex parent.

1. 3. 5.

2. 4. 6.

Intrapersonal (self) Leadership Process as a Function of Traditional and Participative Leadership Styles

Traditional (autocratic)	Participative (team oriented)
1 Person/Party Rule	2 or More Person/Party Rule
Motto: Command and Control	Motto: Train 'em up
Leadership Strategy:	Leadership Strategy:
“Shoot the Stragglers”	“Balance of Powers”

POSITIVE QUALITIES

Clear thinking, Confident	Adaptable, Affectionate
Considerate, Conventional	Appreciative, Conscientious
Courageous, Daring	Cooperative, Caring, Considerate
Dominant, Efficient	Easy-going, Emotional, Sensitive
Forceful, Formal	Fair-minded, Forgiving, Sincere
Frank, Independent	Friendly, Gentle
Industrious, Logical	Good-natured, Helpful
Methodical, Organized	Honest, Idealist, Open, Humorous
Outspoken, Practical	Tactful, Kind, Trusting
Precise, Rational	Loyal, Moderate
Realistic, Reasonable	Patient, Pleasant, Praising
Reliable, Responsible	Progressive, Warm, Unselfish
Cool, Self-assured	Reflective, Relaxed, Versatile
Shrewd, Stable, Humorous	Resourceful, Sensitive, Warm
Strong, Tough	Sociable, Understanding
Competitive, Thorough	Spontaneous, Sympathetic
Brave, Bold, Loyal	Tactful, Tolerant, Trusting
Active, Adventurous, Philosophical	Spiritual, Creative, Integrity
Street savvy	Self-disclosing of negatives

NEGATIVE QUALITIES

Aggressive, Argumentative	Absent-minded, Affected
Arrogant, Autocratic	Anxious, Apathetic, Unrealistic
Sarcastic, Bossy, Assertive	Careless, Cautious
Demanding, Fault-finding	Complaining, Defensive
Hard-headed, Hard-hearted	Dependent, Disorderly
Impatient, Intolerant, Ambitious	Fearful, High-strung
Irritable, Obnoxious	Moody, Unconventional
Stubborn, Tactless	Inhibited, Irresponsible
Reckless, Rigid	Nervous, Stubborn, Worrying
Tense, Unemotional	Self-denying, Soft-hearted
Unkind, Cold	Temperamental, Timid, Touchy
Quarrelsome, Distant	Passive-aggressive, Withdrawn
Defensive, Resentful	Unenthusiastic, Boring, Gloomy
Immoral, Unethical	Immoral, Unethical, Naïve
“Sins of Commission”	“Sins of Omission”
Homicidal	Meek, Submissive
Manic, Hateful, Evil	Self-punishing, Evil
Unscrupulous, Deceitful	Terrified, Obsessive
Hostile, Rage	Compulsive
Rejecting	Suicidal, Depressive
Vicious	
Cruel	