

## Personal 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 2-11.*
- 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 2-11 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](mailto:forms@speed-flanigan.com)

Fax: 336-315-6009

# PERSONAL LEADERSHIP PROCESS FORM

(Information will be kept confidential)

Please answer each question carefully. Do not skip any questions.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Organization Phone \_\_\_\_\_

Organization E-mail Address \_\_\_\_\_

Check One :      Single      Married      Separated      Divorced      Widowed

Names of significant others (wife, husband, partner, etc.)

Names of parents/parental figures:

Names and ages of brothers and sisters:

Names and ages of children:

Names of special friends:

Others:

# HEALTH

Father's Health

Mother's Health

Your Health

Current Medications

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

Breathing problems (asthma, etc.)

Cardiovascular problems, such 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?

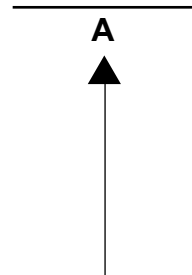
# PERSONAL LEADERSHIP SCALING QUESTIONS

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?

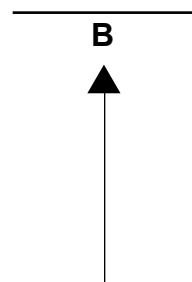
Describe an event in detail when you performed at this level.



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

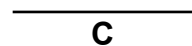
Describe in detail how you got from the lower number (            ) to the higher number (            ).  
**B** **A**

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?

How will you know you have achieved your goals/outcomes?

When you think about it, what are your feelings?

How can your problems be solved?

How would your mother solve it?

How would your father solve it?

In terms of your more pressing current problem, imagine your parents were in this type of situation. If your most pressing current problem involves another person, how would your mom react verbally and,

1. What would she say to the other person?

2. What would she say to herself?

How would your **dad** react *verbally* and,

1. What would he say to the other person?

2. What would he say to himself?

How would your **mom** react *behaviorally* and,

1. What would she do to the other person?

2. What would she do to herself?

How would your **dad** react *behaviorally* and,

1. What would he do to the other person?

2. What would he do to himself?

How would your **mom** react *emotionally* and,

1. What would she feel about the other person?

2. What would she feel about herself?

Describe yourself briefly.

Describe your mother as you would when you were a child.

Describe your father as you would when you were a child.

What did your mother say when she criticized you?

What did your father say when he criticized you?

What did you want to say?

What did your mother say when she praised you?

What did your father say when he praised you?

What was your mother's main advice to you?

Your response:

What do you like most about yourself?

What do you like least about yourself?

If you were a magician, how would you change you? (When you were a little kid and now.)

Describe the bad feeling that you have had most often in your life. When did you first feel this way?  
(What is your earliest memory of it?)

Recent example of what happened when you ended up feeling this way.

If you make everything go right in your life from now on, where will you be in 5 years?

If you go on as you are now, where will you be?

If everything goes wrong, where will you be in 5 years?

What do you wish your mom had done differently?

What do you wish your dad had done differently?

How would you be different?

You said your biggest problem is:

And your unpleasant feelings are:

What will you change for yourself?

# 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.

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.

# Personal (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: "Shoot the Stragglers"	Leadership Strategy: "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	