

Measure my Mojo Assessment

HOW MUCH MOMENTUM DO YOU HAVE RIGHT NOW?

Welcome to this simple but powerful diagnostic tool designed to help you discover your current levels of momentum and vitality (your mojo).

Momentum is one of the most powerful things any organization or individual can have on their side. My research examining why top performing organizations and individuals maintain their edge over time has consistently showed that momentum is the key ingredient.

This assessment will give you a clear idea of your current momentum levels along with insights for supercharging your success and effectiveness in the years ahead.

Best regards,



Michael McQueen

Business strategist and bestselling author of "Momentum: How to Build it, Keep it, or Get it Back"

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In an effort to get an objective measure of your current momentum levels, reflect on the statements below circling the number on the gradient scale which most accurately describes you or your organization at present.

The last few years have been my/our best yet	1 2 3 4 5	It's been a tough few years
There is an effortlessness, ease and flow state even when I'm/we're working hard	1 2 3 4 5	Doing what's necessary often feels like hard work and an uphill battle
Growth is steady, smooth and seamless	1 2 3 4 5	Things are very stop/start — constantly two steps forward, one step back

Everything and everyone just seems to be in sync	1 2 3 4 5	Every day tends feel scattered, rushed and chaotic
Day-to-day operations are very different now from five years ago	1 2 3 4 5	Day-to-day operations have changed very little in the past five years
Most of my/our time is spent working on important tasks	1 2 3 4 5	Most of my/our time is spent working on urgent tasks
I/we feel stretched by the workload but not stressed by it	1 2 3 4 5	I/we feel like there is so much do get done I/we never get to finish anything
There is a high sense of energy and enthusiasm internally	1 2 3 4 5	There is a low sense of energy and enthusiasm internally
I/we find change an exciting catalyst for growth	1 2 3 4 5	Change is often a source of fear and uncertainty
Our/my efforts feel as if they have meaning, purpose and impact	1 2 3 4 5	It often feels like I am/we are going through the motions
I/we spend a lot of time planning for the future	1 2 3 4 5	I/we spend a lot of time maintaining the status quo
My/our efforts are leveraged — over time, I/we seem to get more done with less effort	1 2 3 4 5	The bigger things get, the harder I/we seem to work
It feels like I am/we are in a groove	1 2 3 4 5	It feels like I am/we are in a rut
I am/we are in a sweet spot	1 2 3 4 5	I am/we are still finding my/our feet
Setbacks generally feel like minor speed bumps	1 2 3 4 5	Setbacks often feel like frustrating roadblocks
Like-minded people are naturally attracted to my/our vision	1 2 3 4 5	Getting people on board and keeping them on board is a constant battle
Things feel as if they have a life of their own	1 2 3 4 5	If I/we stopped working so hard, there would be would be an immediate noticeable difference

Now, tally up your circled ratings to find out your mojo score. Here's what your score means:

IF YOUR MOJO SCORE WAS BETWEEN 17–34:

Congratulations, your mojo is red hot. You are already enjoying massive momentum. In the coming months and years, the key will be to ensure you maintain your edge and keep the energy high. Take care to avoid the traps of purposeless productivity, short-term thinking and above all else complacency. After all, the moment you think you've made it, you've passed it.

Most importantly, remember that momentum is a powerful force — and once it is lost and working against you, turning things around can be an enormous uphill battle. Preserve and build on the momentum you are enjoying at all costs.

IF YOUR MOJO SCORE WAS BETWEEN 35–51:

Well done — things are bubbling along nicely and your mojo is in pretty good shape. That said, there is definitely room to grow and potential to really rev things up.

In order to build even more momentum, go back to basics and ask yourself what you have stopped doing – some of the very things you used to do may well be key elements of the success formula. Try also to clarify your vision and purpose if you haven't given them much thought of late. This will help you avoid the rut of monotony and purposeless productivity.

IF YOUR MOJO SCORE WAS BETWEEN 52–68:

You've probably sensed for a while that things are not where they could be or should be. Never fear, the path to re-building momentum is a well-worn road - even the best have been where you are.

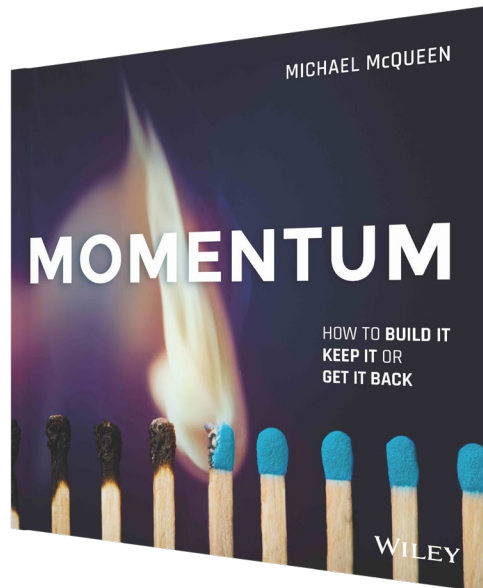
In order to rev things up, go back to basics and ask yourself what you have stopped doing – some of the very things you used to do may well have been key elements of the success formula. Spend some time formulating an inspiring vision and clear roadmap for the coming 12 months – this one step alone may give you the jolt you need.

Finally, it may also be time to do some serious pruning. Are there projects, practices and even people that you need to dispense with? While pruning is rarely pretty, it is critically important in order to achieve long-term vitality.

IF YOUR MOJO SCORE WAS BETWEEN 69–85:

Things are probably looking and feeling a bit tough right now. Your mojo may have all but disappeared, but the fact that you've completed this diagnostic probably means you've got the determination necessary to get it back.

In order to kick start momentum again, go back to basics and ask yourself what you have stopped doing – some of the very things you used to do may well have been key elements of the success formula. Spend some time formulating an inspiring vision and clear roadmap for the coming 12 months – this one step alone may give you the jolt you need. Finally, it may also be time to do some serious pruning. Are there projects, practices and even people that you need to dispense with? While pruning is rarely pretty, it is critically important in order to achieve long-term vitality.



For insights and tips on building unstoppable dynamism and momentum, visit www.michaelmcqueen.net