



The Founder Operating System™ Assessment

The Founder Operating System™ Assessment

 **Discover what's really limiting your business growth.**

"Your business is only as effective as the operating system behind it."

Estimated time: 20–25 minutes

Questions: 30

Result: Founder Operating System Score™ /100

How to use this assessment

For each statement, choose the response that best reflects your current business reality.

Response	Score
---	---
Never	0
Rarely	1
Sometimes	2
Usually	3
Always	4

Add your scores across the five core dimensions to calculate your **Founder Operating System Score™** out of 100. Use the bonus questions as tie-breakers and to personalise your recommendation.

The Five Dimensions

Rather than relying on a single score, this assessment evaluates five dimensions that map to the Founder Operating System™ philosophy.

Dimension	Weight	What it measures
---	---	---
Vision	20	Clarity and direction
Tension	20	Productive pressure vs overwhelm
Framework	20	Systems and execution
Leverage	20	Founder dependence vs business independence
Momentum	20	Compounding growth
Total	100	Founder Operating System Score™

Dimension 1: Vision Score™

What this measures: Clarity, direction, and the founder's ability to make decisions against a long-term future.

#	Statement	Never	Rarely	Sometimes	Usually	Always
---	---	---	---	---	---	---

1	I have a clear picture of where my business will be in three years.	☐	☐	☐	☐	☐
2	My team understands our direction without me constantly explaining it.	☐	☐	☐	☐	☐
3	I spend more time designing the future than reacting to today's problems.	☐	☐	☐	☐	☐
4	My priorities remain consistent despite daily distractions.	☐	☐	☐	☐	☐
5	Every major decision is measured against our long-term vision.	☐	☐	☐	☐	☐

Maximum score: 20 points

Your Vision Score™: ____ / 20

Dimension 2: Tension Score™

What this measures: Productive pressure versus overwhelm — the VTF philosophy in action.

#	Statement	Never	Rarely	Sometimes	Usually	Always
---	---	----	----	----	----	----
6	I feel challenged without feeling overwhelmed.	☐	☐	☐	☐	☐
7	Pressure helps me focus rather than creating anxiety.	☐	☐	☐	☐	☐
8	I intentionally create productive tension within the business.	☐	☐	☐	☐	☐
9	I regularly step back to think instead of constantly reacting.	☐	☐	☐	☐	☐

10	Most weeks I finish with energy rather than exhaustion.	☐	☐	☐	☐	☐
----	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Maximum score: 20 points

Your Tension Score™: ____ / 20

Dimension 3: Framework Score™

What this measures: The strength of the business operating system — documented processes, decision rules, and consistent execution.

#	Statement	Never	Rarely	Sometimes	Usually	Always
---	---	:---	:---	:---	:---	:---
11	Our key business processes are documented.	☐	☐	☐	☐	☐
12	The team knows how decisions should be made.	☐	☐	☐	☐	☐
13	Work flows through the business consistently.	☐	☐	☐	☐	☐
14	Most recurring problems already have a process.	☐	☐	☐	☐	☐
15	The business could continue operating for two weeks without me.	☐	☐	☐	☐	☐

Maximum score: 20 points

Your Framework Score™: ____ / 20

Dimension 4: Leverage Score™

What this measures: Founder dependence versus business independence — one of the strongest differentiators in the assessment.

#	Statement	Never	Rarely	Sometimes	Usually	Always
---	---	:---	:---	:---	:---	:---
16	I spend most of my time on high-value work.	☐	☐	☐	☐	☐
17	The team solves problems	☐	☐	☐	☐	☐

	before bringing them to me.					
18	I delegate decisions, not only tasks.	☐	☐	☐	☐	☐
19	Technology saves time rather than creating more work.	☐	☐	☐	☐	☐
20	The business creates more leverage every quarter.	☐	☐	☐	☐	☐

Maximum score: 20 points

Your Leverage Score™: ____ / 20

Dimension 5: Momentum Score™

What this measures: Whether growth compounds over time or becomes harder as the business expands.

#	Statement	Never	Rarely	Sometimes	Usually	Always
---	---	:---	:---	:---	:---	:---
21	Growth feels easier today than it did a year ago.	☐	☐	☐	☐	☐
22	The business improves even when I'm not involved.	☐	☐	☐	☐	☐
23	Small improvements create bigger results over time.	☐	☐	☐	☐	☐
24	I spend more time improving systems than fixing problems.	☐	☐	☐	☐	☐
25	The business is becoming less dependent on me every year.	☐	☐	☐	☐	☐

Maximum score: 20 points

Your Momentum Score™: ____ / 20

Bonus Founder Habits

These five questions create nuance. Use them as tie-breakers and to personalise the recommendation.

#	Question	Never	Rarely	Sometimes	Usually	Always
---	---	:---	:---	:---	:---	:---

26	How often do you block uninterrupted thinking time?	☐	☐	☐	☐	☐
27	How often do you review your operating system?	☐	☐	☐	☐	☐
28	How often do you eliminate unnecessary work?	☐	☐	☐	☐	☐
29	How often do you improve an existing system?	☐	☐	☐	☐	☐
30	How confident are you that your current business model will scale?	☐	☐	☐	☐	☐

Bonus insight:

What pattern do your answers reveal?

Score Summary

Dimension	Score
---	---
Vision Score™	___ / 20
Tension Score™	___ / 20
Framework Score™	___ / 20
Leverage Score™	___ / 20
Momentum Score™	___ / 20
Founder Operating System Score™	___ / 100

Your Founder Operating System Score™

85–100: Exponential Founder

Your operating system is creating leverage. The focus now is optimisation.

Primary opportunity: Refine what already works, remove friction, and compound your strongest systems.

70–84: Scaling Founder

Growth is happening. Some systems still depend too heavily on you.

Primary opportunity: Transfer more decisions, execution, and accountability into the business.

55–69: Busy Founder

The business is growing. The operating system isn't. Complexity is increasing faster than leverage.

Primary opportunity: Build repeatable systems before growth creates more operational drag.

40–54: Reactive Founder

You're spending too much time solving today's problems. Growth is becoming harder.

Primary opportunity: Create space to think, simplify the business, and install stronger operating rhythms.

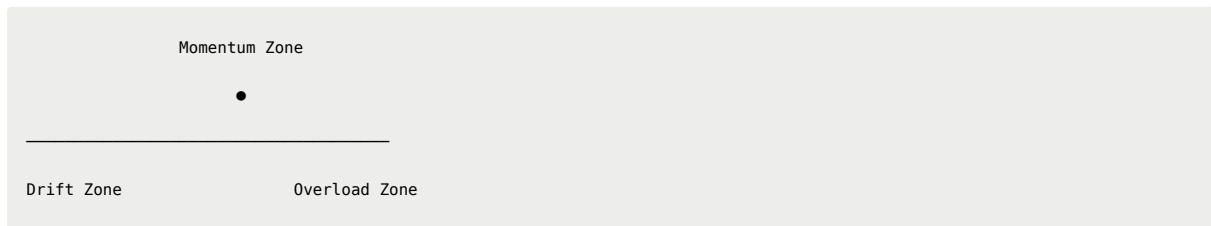
Below 40: Founder Overload

The business depends heavily on you. Without changes to your operating system, growth is unlikely to compound.

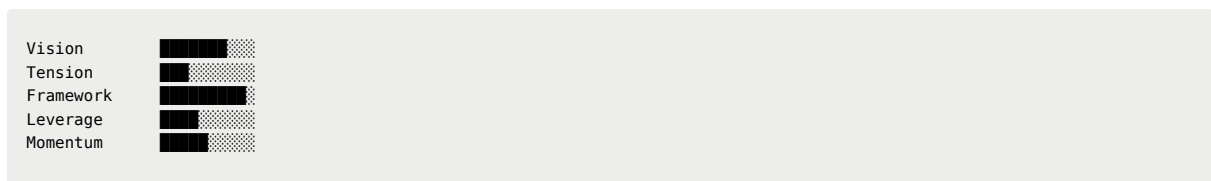
Primary opportunity: Reduce founder dependence and rebuild the business around clearer priorities, processes, and leverage.

VTF Profile

Option 1: Zone Map



Option 2: Dimension Bars



Biggest Constraint

Automatically identify the lowest-scoring dimension.



Your biggest constraint is: __

Example: Leverage

Your biggest constraint is Leverage.

You are solving too many problems personally. The business still depends on your decisions. Your next priority is building systems that transfer decision-making to the business.

Personalised Recommendation

Use the lowest-scoring dimension to make the recommendation feel earned.

Lowest Score	Recommendation
Vision	Attend the Founder Breakthrough Workshop
Tension	Join the 14-Day Sprint
Framework	Join the Sprint + Templates
Leverage	Founder Advisory
Momentum	Founders Circle

Recommended next step: __

Why this recommendation fits:

Progress Tracker

The **Founder Operating System Score™** should become more than a number. Treat it as a founder's business health score — something worth improving over time.

Date	Score	Notes
---	---:	---
First assessment	___ / 100	—
After the 14-Day Founder Breakthrough Sprint	___ / 100	—
Six-month reassessment	___ / 100	—

Example progression:

- "When I first completed the assessment, my Founder Operating System Score was **58**."
- "After the 14-Day Founder Breakthrough Sprint, it increased to **72**."
- "Six months in the Founders Circle, it's now **84**."



The score transforms this assessment from a one-time diagnostic into a measurable indicator of progress. It gives founders a reason to return, reassess, and continue their journey through your ecosystem — making the score itself one of your most valuable intellectual assets.