

The Leader Meter™



A Self-Assessment for Conscious Leadership

The Leader Meter™ is a reflective tool designed to help you identify how you naturally lead, especially under pressure. The power of Leadership is not based on personality — it's based on pattern. This guide will help you recognize your dominant leadership orientation, so you can understand its strengths and challenges, allowing you to become more conscious in how you lead.

How the Leader Meter™ Works

You will read a series of statements and choose the option that feels most true most often. There are no right or wrong answers. Your responses will naturally cluster into a primary leadership style, with one or more secondary influences.

This tool is not about fixing yourself. It is about awareness — because awareness creates choice and choice is always the foundation of FREEDOM and CHANGE.

Leader Meter™ Questions:

SECTION 1: LEADERSHIP ORIENTATION (how you naturally lead)

1. When faced with uncertainty, I tend to:
 - A) Imagine future possibilities
 - B) Create structure and stability
 - C) Take decisive action
 - D) Check in on people
 - E) Pause, assess, and choose my response intentionally

2. My leadership strength is most often described as:
 - A) Vision
 - B) Reliability
 - C) Decisiveness
 - D) Empathy
 - E) Presence and self-awareness

3. I feel most confident when:

- A) Shaping the future
- B) Systems are working smoothly
- C) Progress is visible
- D) People feel supported
- E) I am aligned and grounded in my choices



SECTION 2: DECISION-MAKING AND ACTION (how you move things forward)

4. When making decisions, I rely most on:

- A) Intuition and foresight
- B) Proven methods and data
- C) Speed and effectiveness
- D) Group input and emotional context
- E) Conscious discernment and coherence

5. Under pressure, my default response is to:

- A) Step back into the big picture
- B) Tighten systems and reduce risk
- C) Push forward harder
- D) Absorb tension and smooth dynamics
- E) Regulate myself and respond intentionally

6. I get most frustrated when:

- A) Others can't see what's possible
- B) Things feel chaotic or unclear
- C) Progress slows down
- D) Conflict goes unaddressed
- E) I'm forced into reactive Leadership

SECTION 3: IMPACT ON OTHERS (what it's like to work with you)

7. People often come to me because I:

- A) Inspire direction
- B) Create stability
- C) Get things done
- D) Understand people
- E) Help integrate clarity and alignment

8. Feedback I hear most often is:

- A) You see what's coming
- B) You keep things grounded
- C) You move us forward
- D) You really listen
- E) You bring calm and coherence



9. My leadership blind spot tends to be:

- A) Overlooking details
- B) Resisting change
- C) Moving too fast
- D) Avoiding firm boundaries
- E) Over-identifying with awareness instead of action

SECTION 4: ENERGY AND SUSTAINABILITY (how leadership feels inside the body)

10. Leadership feels draining when:

- A) I'm constrained by rigid systems
- B) Change is constant
- C) Momentum is blocked
- D) I carry emotional weight
- E) I lose coherence or Self-regulation

11. At my best as a leader, I feel:

- A) Inspired
- B) Steady
- C) Powerful
- D) Connected
- E) Coherent

12. My next level of leadership requires:

- A) Translating vision into action
- B) Greater flexibility
- C) More patience
- D) Clearer boundaries
- E) Sustained self-awareness under pressure

Scoring Your Leader Meter™



Count how many times you selected each letter. The letter with the highest total represents your primary leadership style. Scores of 8–12 indicate a dominant style. Scores of 5–7 suggest a strong secondary influence. Most leaders exhibit more than one style.

The Leadership Styles

The Leader Meter™ identifies five primary leadership styles and each style brings distinct strengths and predictable challenges, particularly under pressure.

☀️ **The Visionary Leader** *leads from possibility and foresight, sensing what is emerging therefore inspiring future direction.*

Core Orientation

You naturally sense what's emerging before others do. You see patterns, trajectories, and opportunities beyond the immediate moment — and you're often the one naming the future before it's obvious.

Your Strengths

- Big-picture thinking and strategic imagination
- Inspiring others with purpose and direction
- Comfort with ambiguity and change
- Strong intuitive intelligence

Your Challenges

- Translating vision into consistent execution
- Becoming impatient with details or process
- Feeling constrained by rigid systems
- Outpacing the readiness of others

How You Operate in Business

You lead through ideas, direction, and momentum. You're most effective when you're shaping strategy, casting vision, and opening new pathways. You may delegate details quickly — or avoid them entirely.

Your Impact on Teams

People feel inspired, energized, and expanded around you. At times, they may also feel uncertain about *how* to execute the vision without more structure.



When You're in Alignment


You're clear, grounded, and articulate. Your ideas translate into action through the right partnerships and systems.

When You're Under Pressure

You may disconnect, become abstract, or feel misunderstood — retreating into vision rather than embodiment.

Your Growth Edge

How can your vision land more fully in the day-to-day reality of those you lead?

 **The Stabilizer Leader** *leads through consistency and trust, creating safety through structure, reliability, and systems.*

Core Orientation

You create safety through structure. You value reliability, clarity, and sustainable systems — and others often depend on you to hold things steady when conditions feel uncertain.

Your Strengths

- Operational excellence and follow-through
- Calm, grounded presence
- Strong sense of responsibility
- Ability to create order and predictability

Your Challenges

- Resisting change or disruption
- Over-reliance on what has worked before

- Carrying too much responsibility alone
- Struggling when direction is unclear



How You Operate in Business

You lead through systems, process, and stewardship. You're often the backbone of the organization — ensuring things don't fall apart behind the scenes.

Your Impact on Teams

People feel safe, supported, and clear around you. At times, they may feel limited if innovation or evolution is required.

When You're in Alignment


You're adaptable without losing your grounding. You allow structure to support growth rather than restrict it.

When You're Under Pressure

You may tighten control, become overly cautious, or resist necessary change.

Your Growth Edge

Where might flexibility increase — rather than threaten — stability?

 **The Driver Leader** *leads through action and momentum, valuing decisiveness, accountability, and results.*

Core Orientation

You are wired for movement. You value results, decisiveness, and forward progress — and you're often the one others rely on to make things happen.

Your Strengths

- Strong execution and follow-through
- High standards and accountability
- Courage to make hard decisions
- Natural authority under pressure

Your Challenges

- Impatience with process or emotion
- Overextension and burnout
- Moving faster than others can integrate
- Equating speed with effectiveness



How You Operate in Business

You lead from action. You prefer clarity, measurable outcomes, and decisive moves. You're often at your best during growth phases or high-stakes moments.

Your Impact on Teams

People feel driven and focused around you. At times, they may feel rushed, pressured, or hesitant to voice concerns.

When You're in Alignment

Your decisiveness is grounded in awareness. You move fast *and* bring others with you.

When You're Under Pressure

You may push harder, override feedback, or sacrifice sustainability for short-term results.

Your Growth Edge

How can presence and patience amplify — not slow — your impact?

💛 **The Harmonizer Leader** *leads through connection and emotional intelligence, attuned to people and group dynamics.*

Core Orientation

You are deeply attuned to people. You sense emotional dynamics quickly and often act as the bridge between differing perspectives.

Your Strengths

- Emotional intelligence and empathy

- Relationship-building and trust creation
- Ability to navigate conflict gently
- Strong intuition around group dynamics



Your Challenges

- Avoiding difficult conversations
- Over-giving or self-sacrificing
- Absorbing others' emotional weight
- Delaying decisions to maintain harmony

How You Operate in Business

You lead through connection. You prioritize culture, communication, and psychological safety — often acting as the unseen glue holding teams together.

Your Impact on Teams

People feel seen, valued, and supported around you. At times, they may wish for clearer direction or firmer boundaries.

When You're in Alignment


You balance compassion with clarity. Your empathy strengthens — rather than softens — leadership.

When You're Under Pressure

You may over-accommodate, withdraw, or internalize tension that isn't yours to carry.

Your Growth Edge

Where might clearer boundaries deepen — rather than damage — connection?

 **The Integrator Leader** leads from coherence and conscious choice, intentionally shifting how you lead based on what the moment requires.

Core Orientation

You recognize that leadership is not about a single style, but about **responding consciously rather than reacting by default**.

Your Strengths

- Self-awareness under pressure
- Ability to shift styles intentionally
- High emotional and energetic coherence
- Leadership that creates ripple effects beyond business



Your Challenges

- Over-internalizing because you often see multiple truths
- Decision fatigue that confuses discernment and delay
- Energetic over-accommodation
- Awareness without embodiment

How You Operate in Business

You lead from coherence—reading the system, regulating under pressure, and choosing the response that aligns people, strategy, and timing.

Your Impact on Teams

You impact teams by stabilizing energy first—so clarity, trust, and aligned action can follow.

When You're in Alignment

When in alignment, you move with calm clarity—making decisions that align people, energy, and direction.

When You're Under Pressure

You may stay in observation longer than action, slowing momentum, even when clarity is already present.

Your Growth Edge

Where am I already clear—but hesitating to move?

- A - THE VISIONARY**
- B - THE STABILIZER**
- C - THE DRIVER**
- D - THE HARMONIZER**
- E - THE INTEGRATOR**



Closing Reflection

No leadership style is wrong. But every style has a ceiling if left unconscious. Awareness creates choice and choice is the foundation of FREEDOM which is where inspired action and conscious leadership begins.

Integration isn't a destination — it's a practice.

— Mia Jerritt

Conscious Leadership Coach & Creator of the Leader Meter™

