

Are you Thriving, Drifting or Simply Surviving?

Discover whether success is costing you more than it should.

Includes 10 questions to help you identify the early signs of pressure, burnout and disconnection before they take hold.

Plus a simple scoring guide to help you identify where to focus first.



“Leadership shouldn’t cost you your wellbeing.”

Emma Alderson | Founder, Renew & Reignite.

Why This Matters

Many leaders continue achieving results while quietly carrying pressure, exhaustion, self-doubt and disconnection.

This check-in is designed to help you pause, reflect and assess what's happening beneath the success.

Rate each statement honestly from 1 to 5

1 = Strongly Disagree

5 = Strongly Agree

#	Question	Score
1	I have enough energy to perform at my best without feeling constantly depleted.	Score:
2	I can switch off from work and be fully present in other areas of my life.	Score:
3	I feel confident in my abilities and trust my judgement when making decisions.	Score:
4	I have healthy boundaries that protect my wellbeing and personal priorities.	Score:
5	I feel connected to my purpose and energised by the work I do.	Score:

Why This Matters cont.

#	Question	Score
6	I can manage pressure without becoming overwhelmed or emotionally exhausted.	Score:
7	I feel comfortable being authentic rather than constantly feeling the need to prove myself.	Score:
8	My success feels sustainable rather than something I have to continually sacrifice for.	Score:
9	I regularly make time for activities, relationships and experiences that recharge me.	Score:
10	If nothing changed over the next 12 months, I would be happy with how my life and leadership currently feel.	Score:
YOUR TOTAL SCORE		Total:

Understanding Your Results

THRIVING (40-50)

You're leading from a strong foundation. Continue protecting the habits, boundaries and relationships that support both your performance and wellbeing.

DRIFTING (30-39)

Pressure may be starting to cost more than you realise. This is the ideal time to pause, reflect and make small adjustments before burnout takes hold.

SURVIVING (10-29)

You're likely carrying more pressure than is sustainable. Performance may be coming at a greater personal cost than you realise.

Reflection Questions:

Wherever your score falls, remember: leadership shouldn't cost you your wellbeing.

- What area received your lowest score?
- What would be different if that area moved up by one point?
- What is one action you can take this week?

What's Your Next Step?

If this check-in highlighted areas where success may be costing you more than it should, you're not alone.

Many high-performing leaders spend years achieving externally while quietly struggling internally.

The good news? Leadership doesn't have to cost you your wellbeing.

Book a **complimentary 15-minute Leadership Clarity Conversation** and identify the one area that will have the biggest impact on your wellbeing, confidence or leadership.

Together we'll explore:

- ✓ What's really driving your current pressure
- ✓ Where your energy, confidence or fulfillment may be leaking
- ✓ One practical next step to help you reconnect, renew and reignite

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