

GROWTH GAP ASSESSMENT

Maxwell's 15 Invaluable Laws of Growth | Dr. Yohana Ndahiriwe | dryohana.com

Rate each statement: 1 = rarely 2 3 = sometimes 4 5 = consistently

Name: _____ Date: _____ Page 1 of 2

P Personal Awareness Self-knowledge & clarity

- 1 I regularly reflect on my strengths and weaknesses.

1 2 3 4 5

- 2 I know what my life purpose is.

1 2 3 4 5

- 3 I have clear goals for my personal development.

1 2 3 4 5

- 4 I seek feedback from others about my blind spots.

1 2 3 4 5

- 5 I know the difference between my comfort zone and my growth zone.

1 2 3 4 5

Score _____ / 25

L Learning Mindset Continuous growth habits

- 1 I read, listen to podcasts, or consume growth content regularly.

1 2 3 4 5

- 2 I believe I can improve and develop new skills at any age.

1 2 3 4 5

- 3 I learn from my mistakes rather than repeating them.

1 2 3 4 5

- 4 I invest time and money in my personal development.

1 2 3 4 5

- 5 I have mentors or people I learn from intentionally.

1 2 3 4 5

Score _____ / 25

H Handling Challenges Growth through adversity

- 1 When I face painful experiences, I look for the lesson.

1 2 3 4 5

- 2 I view problems as opportunities for growth.

1 2 3 4 5

- 3 I maintain a positive attitude even during difficult times.

1 2 3 4 5

- 4 I take action when facing challenges rather than avoiding them.

1 2 3 4 5

- 5 I can identify positive changes I've made after difficult experiences.

1 2 3 4 5

Score _____ / 25

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Stretching & Risk

Outside the comfort zone

1 I regularly step outside my comfort zone.

1 2 3 4 5

2 I take on challenges that require me to grow.

1 2 3 4 5

3 I am willing to be uncomfortable in pursuit of growth.

1 2 3 4 5

4 I try new things even when I might fail.

1 2 3 4 5

5 I see change as necessary for improvement.

1 2 3 4 5

Score _____ / 25



Consistency & Commitment

Daily growth discipline

1 I have a daily routine that includes personal growth activities.

1 2 3 4 5

2 I follow through on my growth commitments.

1 2 3 4 5

3 I make personal development a priority, not just when convenient.

1 2 3 4 5

4 I track my progress and celebrate small wins.

1 2 3 4 5

5 I have maintained growth habits for at least six months.

1 2 3 4 5

Score _____ / 25

AWARENESS

MINDSET

CHALLENGES

STRETCHING

CONSISTENCY

TOTAL

/25

/25

/25

/25

/25

/125

SCORE

WHAT IT MEANS

NEXT STEP

100–125 Champion

Growth is your lifestyle — sustain and share it

Mentor someone in your lowest section

75–99 Seeker

Committed but inconsistent — pick one gap

Build one daily habit this quarter

50–74 Beginner

Aware but not yet consistent

Start with 15 min of growth daily

25–49 Starting

Significant gap — but that is your advantage

[Contact Dr. Yohana this week](#)

MY GROWTH COMMITMENT

My lowest section: _____

One habit I will start this week: _____

THE GROWTH GAP ASSESSMENT

Maxwell's 15 Invaluable Laws of Growth · Dr. Yohana Ndahiriwe · dryohana.com

WHY THIS MATTERS

Most people want to grow. Very few actually do — not because they lack the desire, but because they have never gotten honest about where they are starting from. The Growth Gap is the space between your current reality and your full potential. It is not a problem to be embarrassed about. It is the most important information you have. John Maxwell's 15 Invaluable Laws of Growth are not theory — they are a map. And maps only work when you know your current location. This assessment gives you that location. What you do next is entirely up to you.

Personal awareness

Self-awareness is the beginning of every growth story. Leaders who know their strengths stop wasting energy trying to be someone else. Leaders who know their blind spots stop being surprised by the same mistakes. This section is not about self-criticism — it is about self-honesty. Where your score is low here, the work is simple: find one person you trust enough to ask the hard question, and listen without defending yourself.

Handling challenges

Every difficult season you have survived is raw material. The question is not whether the pain happened — it is whether you extracted the lesson. Leaders who grow through adversity are not tougher than other people. They are more intentional. They have trained themselves to ask a different question when things fall apart: not 'why is this happening to me?' but 'what is this preparing me for?' That question does not come naturally. It is a discipline. And like every discipline, it gets easier the more you practice it.

Learning mindset

The leaders who are still growing in their sixties are not exceptional people. They are disciplined people who decided early that learning was not a phase — it was a practice. A growth mindset is not a personality trait. It is a decision, made daily, to stay curious instead of comfortable. If your score here is low, the issue is not intelligence. It is either that you have stopped believing you can change, or you have stopped making room for growth in your schedule.

Consistency and commitment

Motivation gets you started. Discipline keeps you going. The most common growth failure is not a wrong strategy — it is an inconsistent one. People read one book and stop. They commit to a mentor and cancel. Consistency is not glamorous — nobody builds a conference around it — but it is the only growth strategy that actually works over time. Where this score is low, the fix is not more inspiration. It is fewer commitments, done more reliably. Pick one thing and do it every day for ninety days.

"Growth stops when you lose the tension between where you are and where you could be. This assessment gives you back that tension."

— Dr. Yohana Ndahiriwe, drawing on Maxwell's Laws of Growth