

Seagles Consulting Group

A Coaching, Training, & Consulting Company

3C Self-Assessment Worksheet

Instructions:

1. For each of the 3Cs below, respond to the alignment question (Yes = 5 points, No = 0 points).
2. Then, rate your current level of satisfaction in that area on a scale from 1 (low) to 10 (high).
3. Write one word that best describes how you feel about that area today.
4. Use the scoring table to interpret your results.

Category	Alignment Question	Yes/No	Satisfaction scale of 1-10	Feeling
Career	Am I thriving professionally without overworking?			
Calling	Does my work align with my greater purpose?			
Calm	Do I prioritize my well-being while leading?			

Your Scores Summary

Category	Alignment Score (0-5)	Satisfaction Score (1-10)
Career		
Calling		
Calm		

Interpretation Guide

Alignment Score (Yes = 5, No = 0):

5: You are aligned in this area. Keep building on what's working.

0: There's likely disconnection, imbalance, or burnout. This area needs your attention.

Satisfaction Score (1-10):

8-10: Highly satisfied. This area is energizing and fulfilling.

5-7: Moderately satisfied. You may be coping, but something is missing.

1-4: Dissatisfied. You may feel stuck, drained, or unfulfilled in this area.

Reflection Questions

1. Which area has the lowest score? Why?

2. What's one small shift or boundary you could implement this week to improve that area?

3. Which area has the highest score? What's supporting your success there?

4. How can you apply your strengths from your high-score area to the other areas?
