

Based on the book Intentional Winner by Noel Cardona

THE ASSESSMENT INTENTIONAL WINNER *me?*

31 QUESTIONS TO FIND OUT

"Wake up from your deep sleep and take charge"

HOW TO USE THIS ASSESSMENT

Hi there. First, Let me thank you for entering my world and congratulations on using this time for your personal growth.

Believe it or not, the great majority of people opt for reading science fiction and novels rather than about their reality!

There are 30 questions in this assessment. Please answer them on the blank boxes to the left of each of them and then calculate the score as shown at the end. This assessment is short but asks pretty good questions which you need to answer honestly and take the time to think deeply into the answers.

If you want to discuss your answers with me, I will be more than happy to give you 30 mins free of my time. You can find me at info@noelcardona.com. I only answer emails once a week, however I will make sure I come back to you.

Best of Luck on your journey.

Noel Cardona
Life & Business Coach

Answer:

How much of a balance do you think you have at the moment in your life in terms of work, love and health?

Q₁

- a. None. I feel my life is being consumed by one area
- b. I feel I have a balance but something is missing
- c. I have a balanced life in all three areas and enjoy life fully

Answer:

How much command do you take of your will

Q₂

- a. My will is affected by the circumstances and peer pressure
- b. I control my will for specific areas but not all the time
- c. I am fully aware of the correct decisions at the right time

Answer:

How are your fears running your life?

Q₃

- a. Every time I want to try something new my fear will control me
- b. I have to remind myself to release the breaks so I can make progress
- c. My fears run in the background but I am fully aware of my actions minute by minute

Answer:

How is your past running your present?

Q₄

- a. I have not seen any effect of my past in my present
- b. I know I am running away from or running towards to something (i.e., poverty or wealth)
- c. I know exactly what weaknesses and strengths my upbringing and education have given me.

Answer:

Do you know what believes are running your life?

Q₅

- a. I have never analysed my believes I just go day by day
- b. I know some of them but I don't work to change them
- c. I know them very well and set actions to change them to accelerate my goals

Answer:

How often do you set personal goals?

Q₆

- a. I just live day by day
- b. At the beginning of the year I just wish for a very good 12 months
- c. I set goals for the year and I break them down to daily tasks.

Answer:

From the goals that you set, what percentage do you achieve

- a. I don't set any goals
- b. I don't know, I don't track them
- c. I track them and I use the information to grow myself

Q7

Answer:

When you buy something expensive...?

- a. You do it mainly to get others attention
- b. You do it because others have it as well
- c. You do it because it will improve your life in a practical way

Q8

Answer:

In terms of your current biggest goal:

- a. It is something that you want to do, however if it doesn't work, you will try something else
- b. I have had to set the goal because of the circumstances
- c. You will never be happy until you achieve it

Q9

Answer:

When you are about to eat something unhealthy...

- a. I just eat anything, I don't bother
- b. Even though I try not to, I end up eating it
- c. I can certainly control what I eat

Q10

Answer:

Do you exercise...

- a. Never, I prefer to watch television
- b. When I see myself getting overweight
- c. At least three times a week and I keep track

Q11

Answer:

You:

- a. Don't know what your body weight should be
- b. Are overweight
- c. Are fit and actively work to keep that weight

Q12

Answer:

Do you tend to:

- a. Only follow others decisions
- b. Take some time but you make your own decisions, however, you change your mind very quickly
- c. You make your own decisions and follow through to the end

Q13

Answer:

Do you:

- a. Constantly have this feeling that life is not fair
- b. Know how "cause and effect" work in your life
- c. Know and act to change your world

Q14

Answer:

You:

- a. Have never spoken to your spouse about how happy she or he is with you
- b. You have an idea but hope the routine is good enough
- c. You know how happy she is and what else you should be doing to make her or him happier

Q15

Answer:

In terms of your finances:

- a. Don't know what your total debt is currently
- b. Know how much you owe but never reconcile your accounts
- c. Know how much is your monthly cash flow and have a passive income goal

Q16

Answer:

Do you have:

- a. One bank account where all your money goes in and money goes out
- b. One bank account but you know what is what
- c. Multiple accounts where you separate the money for different purposes

Q17

Answer:

Do you

- a. Have no money left after you have paid all your monthly expenses
- b. Put some money aside for the rainy days
- c. Active put aside at least 15% of you income in an investment account

Q18

Answer:

Do you

- a. Normally have to use your credit card at the end of the month to cover your expenses
- b. Most of the time your money is enough but it can easily be the opposite
- c. Create a monthly budget and ensure every financial decision is made base on this

Q19

Answer:

Do you:

- a. Wouldn't know you total spend last month if asked
- b. Have your biggest expenses in your mind but not the small ones
- c. Track your expenses and use the info to update your financial statement

Q20

Answer:

You:

- a. Are happy to for anyone to come and talk to you at any time while you try to get some work done
- b. Have told people to make an appointment with you but you keep you phone and emails notifications on.
- c. Have a goal for the next 90 mins and ensure no interruptions take place

Q21

Answer:

When you get to work:

- a. Start from your emails
- b. Have the priorities in your mind and follow that mental list
- c. Take time to prioritise using your project management system as the base and then allocate time for each task during the week.

Q22

Answer:

At work you start each meeting:

- a. By having a nice chat and have an idea of what this session is about
- b. With a concrete list to discuss but normally the sessions go off topic
- c. Have a clear agenda, and clear finish time and end the meeting with a list of who will do what and when.

Q23

Answer:

When someone asks you to help him:

- a. You stop what you are doing an immediately get it done.
- b. Finish what you are doing and then getting done
- c. You put it on your list and review it with your priorities next time you plan your day or week.

Q24

Answer:

When thinking about a coach or mentor you:

- a. Feel uncomfortable because you will be pressured and you don't need that
- b. Think it would be good to have one but you think is too expensive and you cannot afford it.
- c. You invest without hesitation because you know the return on investment you will get

Q₂₅

Answer:

When you think about yourself in 10 years you:

- a. You see only a blank picture
- b. You see an image but feel you are not worth it of it
- c. You see a clear image and are certain you will get there

Q₂₆

Answer:

You are:

- a. Afraid of talking about your ideas because you feel you will look silly or will be bullied.
- b. You can talk about your ideas but don't feel strong enough to follow them up
- c. You not only bring your ideas out to the word but use the feedback to fine tune them and keep pushing until they are accepted.

Q₂₇

Answer:

You are:

- a. Very good at the technical side of the projects but your ideas normally die on the shelf after the have been created.
- b. Very good technically but know what to delegate. However you can get yourself to spend the money on the promotion of your ideas.
- c. Good at identifying what you must focus on and look at the return on investment rather than the cost of your promotion.

Q₂₈

Answer:

You:

- a. Think your idea is unique and everyone should buy it
- b. Keep creating new ideas waiting for someone to find you
- c. Know how to turn an idea into an offer by using marketing and business knowledge

Q₂₉

Answer:

You have:

- a. Created not assets in your life
- b. Know how to create assets in at least one category
- c. Know how to create and integrate assets to accelerate financial gains

Q₃₀

WHAT IS YOUR INTENTIONAL WINNER SCORE?

Total "Cs"

30

× **100** =



If your IWS is below 80% there is work to do. Whether you need to work on Mind, Money, Health, Time or Self Marketing management, it will be evident from the answers you have given in the workbook. Use your answers to reflect on how you need to grow. If you want to discuss your answers with me, I will be more than happy to give you 30 mins free of my time. You can find me at info@noelcardona.com.