



The FOUNDATION

Forge Elite Teams and Healthy Families

Target Analysis

Self-Assessment: BANDWIDTH
High Value Target ID
Prioritize & Execute the HVT

Objective: This self-assessment is a tool for *self-awareness, growth and improvement*, and it is designed uncover blind spots as they relate to ***Bandwidth***. Upon completion, you'll have identified the **High Value Targets (HVTs)** – blind spots that account for 80% of your obstacles – and have a clear understanding of how to *Prioritize & Execute*. Likewise, this exercise provides a foundation for fostering elite culture and professional development. *This is where knowledge meets action.*

Blind spot: An area that goes unnoticed; Can't be seen or recognized without external input or conscious effort to uncover them.

Course of Action (COA): Immediate next step and overall plan

As you read each question, your first instinct is usually the most accurate answer.

Comprehensive self-assessment with Likert scales 1-5

1 = Strongly Disagree

2 = Disagree

3 = Agree

4 = Strongly Agree

Bandwidth

1. I maintain focus and concentration throughout my day. ____
2. I maintain focus and concentration at home. ____
3. I make quick and effective decisions under pressure at work. ____
4. I make sound and rational decisions under pressure at home. ____
5. I can effectively manage multiple tasks simultaneously. ____
6. I retain and recall important information accurately. ____
7. I adapt quickly to changing situations, from chaos to calm, routine to dynamic. ____
8. I am effective at solving complex problems. ____
9. I control my emotions even in stressful situations. ____
10. I pay close attention to detail in all aspects of my work. ____
11. I quickly recall relevant procedures and protocols. ____
12. I manage my workload without feeling overwhelmed. ____
13. I maintain mental sharpness throughout long shifts. ____
14. I am constantly aware of my surroundings and potential threats. ____
15. I maintain a clear mind under high-stress conditions. ____
16. I shift my thinking when faced with new information or changes. ____
17. I am effective at analyzing situations to determine the best course of action. ____
18. I remain calm and composed even in high-pressure scenarios. ____
19. I have mental clarity even during complex and challenging tasks. ____
20. I identify and focus on the most important tasks. ____
21. I complete tasks efficiently and effectively. ____
22. I practice the tools to manage cognitive load and to prevent burnout. ____

Thoughts on *Bandwidth* and how to *Prioritize & Execute* – Your HVT:

If you could change one factor in your life that impacts bandwidth, what would it be?

How can you improve that factor?

How would your life be different?

Who will hold you accountable?