



The FOUNDATION

Forge Elite Teams and Healthy Families

Target Analysis

Self-Assessment: WELLBEING
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 **Wellbeing**. 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

Well-being

1. I maintain a high level of **physical fitness** to perform my duties effectively. ____
2. I **manage stress** effectively, even in high-pressure situations. ____
3. I get enough restful **sleep** to feel refreshed and alert on the job and at home. ____
4. I recover quickly from **emotionally challenging situations**. ____
5. I **maintain focus** and concentration. ____
6. I maintain a **harmony** between work and personal life. ____
7. I follow a **balanced diet** that supports my physical and mental wellbeing. ____
8. I have a **strong support system** among friends, family, and colleagues. ____
9. I have effective strategies for **coping with traumatic experiences**. ____
10. I regularly **monitor** and take care of my **physical health**. ____
11. I have **access to resources** and programs that support my well-being. ____
12. I feel that my **professional development** is supported by my organization. ____
13. I manage my **workload** without feeling overwhelmed. ____
14. I avoid relying on **substances** (e.g., alcohol, drugs) to cope with stress. ____
15. I regularly practice **mindfulness** or **relaxation** techniques. ____
16. I feel **supported by my supervisors** and colleagues. ____
17. I am confident in my ability to **handle critical incidents** effectively. ____
18. I have access to **emotional support** when needed. ____
19. I take steps to **prevent physical injuries** while on duty. ____
20. I am **satisfied with my job** and the **role I play in my community**. ____

Thoughts on *Well-being* and how to *Prioritize & Execute* – *Your HVT*:

Write 1-3 performance routines that can be integrated into a daily ritual for optimized performance, wellbeing and longevity.

1.

2.

3.

Pick one that is quantifiable, compelling and doesn't require a high level of motivation.

How would your life be different?

Who will hold you accountable?

