

GRIND Self-Assessment Key

Use this page to reflect on where internalized cultural conditioning might be draining your energy or driving your behavior. For each pattern below, rate how strongly it's showing up in your life right now. (1 = not really present, 10 = it's totally running the show)

G – GREED

This shows up as the belief that your worth is tied to how much you produce, achieve, or earn. It's the voice that says “more, faster, now” and keeps you chasing success—even when your body or soul is begging for a break.

Reflection questions:

- How often do I feel like I need to be doing or achieving something to feel valuable?
- How much do I override my body's need for rest in order to stay productive?

R – RIGIDITY

The pressure to follow a linear, rule-bound path—even when it doesn't fit. Rigidity glorifies struggle and insists there's only one “right” way to succeed, often silencing your intuition and creative flow.

Reflection questions:

- How often do I follow rules, timelines, or plans that feel heavy or misaligned?
- How much do I suppress my intuitive nudges in order to “do it the right way”?

I – ISOLATION

Rooted in individualism and competition, this story makes you believe you have to do it all alone. It discourages collaboration, support, or asking for help—and can leave you feeling disconnected and overburdened.

Reflection questions:

- How often do I feel like I need to figure everything out on my own?
- How much do I resist asking for help or receiving support—even when I really need it?

N – NEGLECT

Neglect whispers that your needs don't matter—or that they're selfish. It drives self-sacrifice and burnout by rewarding over-giving, over-working, and the belief that rest or pleasure must be earned.

Reflection questions:

- How often do I ignore or minimize my own needs to meet the needs of others?
- How much do I feel like I have to earn rest, joy, or pleasure?

D – DISCONNECTION

Living from the head instead of the body. This story prioritizes logic and conditioning over inner wisdom, cutting you off from your emotions, intuition, and embodied truth.

Reflection questions:

- How often do I live in my head instead of listening to my body?
- How much do I disconnect from my feelings, intuition, or deeper truth in order to be “rational” or “in control”?

STRATEGY MEETS GRIND

RE-STORYING PROCESS

MY TYPE

TAKE SOME TIME TO REFLECT ON YOUR LEADERSHIP TYPE'S STRATEGY FOR ALIGNED DECISION MAKING, RIGHT COLLABORATION AND WELL-BEING.

THE GRIND

WHICH STORY (OR STORIES) OF THE GRIND FRAMEWORK MOST GET IN THE WAY OF YOU LIVING INTO YOUR STRATEGY?

WHAT CONDITIONING KEEPS YOU FROM TRUSTING YOUR UNIQUE DESIGN AND PATH TOWARD ALIGNED SUCCESS & WELL-BEING?

MY REFRAME

WHAT FEELS MORE TRUE THAN THE STUCKNESS AND BURNOUT-INDUCING STORIES THAT YOU LEARNED FROM THE GRIND?

WHAT DO YOU WANT TO TELL YOURSELF ABOUT HONORING YOUR DESIGN?

THINK:
I CAN. . . I WILL. . . I CHOOSE. . . I AM. . . I KNOW. . .



STRATEGY MEETS GRIND

RE-STORYING PROCESS

