IMAGE INSIGHT SCALE

Are you Image Savvy or in Image Sabotage?

Your image will either hold you back, or propel you forward. Use this Image Insight scale to help you identify if you're stuck in sabotage, staying in the status quo, or speeding to higher success. Check each statement if you:

1. Stuck in Sabotage

- ☐ Feel like you're stuck in a rut
- ☐ Find you need to explain or prove yourself
- ☐ Are not getting all the opportunities or relationships you want
- ☐ Feel undervalued, under-appreciated, or unnoticed
- ☐ Feel insecure in new situations

2. Still in Status Quo

- ☐ Feel comfortable, secure, and sometimes a little bored
- ☐ Want to go beyond where you are, but are not sure how
- ☐ Think you should be happy with where you are, but there's a bit of dissatisfaction
- ☐ Feel that people 'get you' for who you are, but you want them to see something better
- ☐ Feel good about yourself, but want to grow

3. Savvy for Success

- ☐ Feel excited about your potential
- ☐ Are always being presented with opportunities and relationships that just keep getting better
- ☐ Feel happy and confident with where you are, and where you are headed
- ☐ Feel that others see the best in you and respect you
- ☐ Respect, value, and appreciate yourself

- If you checked at least one statement in 'Sabotage' – then your image may not only be holding you back – it may be sabotaging you.
- If you checked at least one statement in 'Status Quo', then optimizing your image may help you go further.
- If you had zero statements checked in both 'Sabotage' and 'Status Quo', congratulations – your image is likely working for you!

Call for a free strategy session 1 647 290 6860

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