SELF-ASSESSMENT TOOL · LIFE COACHING (ENTRENAMIENTO DE VIDA)

The 20 Dimensions of Your Capacity

Personal self-assessment · Based on John 7:37–39, “The Law of Overflow”

> *No one can give what they do not have. This is not a test; it is a mirror. Answer honestly, because growth begins where performance ends.*

Name: _____ Date: _____

Group or team: _____

Part 1 — Score your 20 dimensions

Circle the number that best describes you TODAY. 1 = very weak, 5 = very strong. Your first answer is usually the most honest one.

#	Dimension	What it means	Score
1	**Execution capacity**	I am ready to execute at a higher level	1 2 3 4 5
2	**Inner capacity**	I have mental and emotional room for more responsibility	1 2 3 4 5
3	**Caliber**	My standard of excellence and maturity is high	1 2 3 4 5
4	**Competence**	I master the skills my role requires	1 2 3 4 5
5	**Insight**	I see clearly and decide well and quickly	1 2 3 4 5
6	**Aptitude**	I learn new things quickly	1 2 3 4 5
7	**Skill under pressure**	I perform well under pressure	1 2 3 4 5
8	**Mastery**	I have deep command of my field and my habits	1 2 3 4 5
9	**Effectiveness**	I consistently produce the results I set out to achieve	1 2 3 4 5
10	**Ingenuity**	I solve problems creatively when the plan fails	1 2 3 4 5
11	**Promise**	I am walking toward the future God placed in me	1 2 3 4 5
12	**Strengths**	I know and use my main gifts	1 2 3 4 5
13	**Executive presence**	I convey calm, firmness, and confidence	1 2 3 4 5
14	**Leadership value**	My presence improves the outcome for my team or family	1 2 3 4 5
15	**Strategic range**	I have energy to think long-term, not just react	1 2 3 4 5
16	**Personal power**	I have self-control and authentic influence	1 2 3 4 5
17	**Distinctive edge**	I know what makes me unique and I am using it	1 2 3 4 5
18	**Talent**	I am refining my talent, not just admiring it	1 2 3 4 5
19	**Peak performance**	I sustain my best level without burning out	1 2 3 4 5
20	**Latent ability**	I am awakening what had been asleep in me	1 2 3 4 5

My three strongest dimensions:

The three I most need to develop:

My total score (maximum 100): _____

Part 2 — Time and mental-load audit

For seven days, write down how many hours you spent PUTTING OUT FIRES (urgencies, reactions, fixing other people's problems) and how many you spent BUILDING (planning, developing people, praying, thinking long-term). The number will hurt, and that hurt is where change begins.

Day	Hours putting out fires	Hours building	What drained me most?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

My current ratio: _____ hours of fires for every _____ hours of building. 90-day goal: _____ to _____.

Part 3 — My blind spots

Choose three people who truly know you and ask them this question. Listen without defending yourself and write down exactly what they say:

"What do I do that is holding me back, that no one tells me?"

Person 1:

Person 2:

Person 3:

The pattern that repeats in all three answers:

Part 4 — My core values

Without defined values, you decide under pressure. With them, you decide by conviction. Write the five principles that will govern your decisions this year.

1.

2.

3.

4.

5.

One decision I have been making under pressure that I will align with these values today:

Part 5 — My bottleneck

It is the narrowest point in your life: no matter how hard you push above it, nothing moves faster than that point. Write it in ONE sentence. You cannot heal what you do not name.

My bottleneck is:

Part 6 — My four 90-day steps

From busy doer to high-capacity leader. One step per stage: small, concrete actions with a day and time.

Stage 1 — Self-assessment. What I will audit, and when:

Stage 2 — Strategic delegation. The responsibility I release, and to whom:

Stage 3 — Insight and presence. The communication or planning skill I will practice:

Stage 4 — Training and multiplication. The person I will develop, and how:

MY DECLARATION

I was not called to be a pond. I was called to be a river. And rivers of living water will flow from within me.

Signature: _____ Accountability partner: _____

Want to review your results with a coach?

Book a conversation with me and we will turn your bottleneck into a 90-day plan with **Aceleración 90**, my life and leadership coaching (entrenamiento de vida) program.

franklinnunezleadership.com/contact.html

Con fe en Dios, las cosas son mejores.