The Advantage Compass — Self-Assessment Sheet

A personal strategy self-assessment: 6 Likert items (1-5) locating your work on the two axes of the Advantage Compass — strength vs weakness, vision vs pain — plus a two-week time audit and one committed move. A map, not a verdict.

Reverse-score ac-03, ac-04, ac-05 before averaging. Low scores on ac-01/ac-02/ac-06 with high scores on the reverse items is the classic hostage calendar: competent, busy, and pointed nowhere. The quadrant hours from the audit outrank the Likert means — allocation beats opinion. · scoring: mean · range [1, 5]

HOW TO FILL

When: Alone, 25 minutes, when the calendar is full but the direction is unclear. Re-run monthly; the delta between runs is the real score.

How: Answer about your actual last two weeks, not your intentions. For the audit, estimate hours per quadrant from your calendar, not your memory.

Circle one number per row. Answer as it is — this is feedback, not a test.

# / Statement	strongly disagree 1	disagree 2	neutral 3	agree 4	strongly agree 5
1 · I can name work I do with little effort that others call valuable — and I have written proof of it.	1	2	3	4	5
2 · I can say, in one sentence, what work I want to be doing in three years — and that sentence has survived the last year unchanged.	1	2	3	4	5
3 · Most of my week goes to what is urgent today rather than what builds the next three years. (reverse)	1	2	3	4	5
4 · I am regularly praised for work I am good at — and that praise has almost nothing to do with where I want to go. (reverse)	1	2	3	4	5
5 · On a normal week I spend real hours on work I am both bad at and drained by, with no plan to end it. (reverse)	1	2	3	4	5
6 · The work I am best at and care about most already has protected, named time on my calendar — not just a wish.	1	2	3	4	5

Written answers

The two-week audit: roughly how many hours landed in each quadrant? One line per quadrant (golden track / learning / firefighting / burnout).

feeds into: quadrant allocation

One move: if only one thing changes next week, what is it — and what date do you check back on it?

feeds into: committed move

Advantage Compass — your quadrant map

- Axis scores: strength-awareness and vision-clarity versus pain-share and trap exposure
- Quadrant allocation from the two-week audit, with the healthy-share table as reference
- The one committed move, restated with its check-back date