



# **THE QUEST**

**UNLOCK YOUR POTENTIAL**

## PART 1: QUEST INVENTORY OF BEHAVIORS

Make a mark next to each behavior trait that you identify with in each of the four categories.

Behaviors are consistent with our sense of self. The three senses are Performance, Provision, and Production.

### PERFORMANCE

**Behavior: Consistent presence in life. The sense of performance comes from the consistency between our private and public selves, the ability to interact, relate, and take action in alignment with deeply held values and convictions.**

LEVEL ONE	LEVEL TWO	LEVEL THREE	LEVEL FOUR
<input type="checkbox"/> A. Daily derailed by negative thoughts about self <input type="checkbox"/> B. Pattern of fabricating details in social settings to enhance image <input type="checkbox"/> C. Frequent harsh language or outbursts at home <input type="checkbox"/> D. Makes poor fitness and dietary choices <input type="checkbox"/> E. Inability to stop rehearsing painful moments from the past <input type="checkbox"/> F. Has social but no close friendships <input type="checkbox"/> G. Daily unresolved conflict with spouse/partner <input type="checkbox"/> H. Avoids family events and relationships <input type="checkbox"/> I. Takes feedback personally <input type="checkbox"/> J. No sexual intimacy with spouse <input type="checkbox"/> K. Changes self to please others <input type="checkbox"/> L. Has no defined goals	<input type="checkbox"/> A. Regularly distracted by negative thoughts about self <input type="checkbox"/> B. Compares self with others' successes <input type="checkbox"/> C. Issues critical remarks towards spouse and kids <input type="checkbox"/> D. Tries to stick to fitness and dietary plans, but cheats regularly <input type="checkbox"/> E. Finds negative patterns repeating in relationships <input type="checkbox"/> F. Able to make but not maintain long-term friendships <input type="checkbox"/> G. Weekly blow ups with spouse/partner <input type="checkbox"/> H. Attends but withdrawn at family events <input type="checkbox"/> I. Tendency to overanalyze what others say <input type="checkbox"/> J. Rare sexual intimacy with spouse <input type="checkbox"/> K. Allows others to be rude or allows put downs <input type="checkbox"/> L. Sets goals and neglects them	<input type="checkbox"/> A. Able to diagnose where negative thoughts come from <input type="checkbox"/> B. Able to receive compliments <input type="checkbox"/> C. Quick to own unhealthy words and actions in the home <input type="checkbox"/> D. Makes healthy dietary and fitness choices regularly <input type="checkbox"/> E. Working through how past failures and pains influence the present <input type="checkbox"/> F. Struggles to prioritize time for friendships <input type="checkbox"/> G. Able to work through conflict with spouse/partner <input type="checkbox"/> H. Engages family regularly but keeps it surface level <input type="checkbox"/> I. Thanks others for respectful criticism and feedback <input type="checkbox"/> J. Regular but plateaued sexual intimacy with spouse <input type="checkbox"/> K. Avoids confrontation <input type="checkbox"/> L. Sets relevant goals and shares them	<input type="checkbox"/> A. Can work through negative thoughts as they surface <input type="checkbox"/> B. Others emulate behavior and personality traits <input type="checkbox"/> C. Models strength, conviction, and care in the home <input type="checkbox"/> D. Keeps dietary and fitness plan <input type="checkbox"/> E. Lives with little guilt or shame from past decisions <input type="checkbox"/> F. Frequently enjoys a few deep friendships <input type="checkbox"/> G. Daily expression of affection with spouse/partner <input type="checkbox"/> H. Forms deep and meaningful relationships with family <input type="checkbox"/> I. Able to filter and act on criticism and feedback <input type="checkbox"/> J. Satisfying sexual intimacy with spouse <input type="checkbox"/> K. Confidently asserts self in confrontation <input type="checkbox"/> L. Sets and keeps detailed, timely and relevant goals

## PROVISION

**Behavior: Constructs a life-giving environment. The sense of provision comes from providing what is desired for those closest to us, the ability to attain status, meet financial goals, and cultivate a healthy home life.**

LEVEL ONE	LEVEL TWO	LEVEL THREE	LEVEL FOUR
<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Embarrassed by lack of career achievements</li> <li><input type="checkbox"/> B. My spouse resents our social status</li> <li><input type="checkbox"/> C. My spouse resents our financial state</li> <li><input type="checkbox"/> D. Regularly unable to pay bills</li> <li><input type="checkbox"/> E. Unable to be present for family do to work demands</li> <li><input type="checkbox"/> F. Unable to make definitive decisions</li> <li><input type="checkbox"/> G. Unable to define goals</li> <li><input type="checkbox"/> H. Regular fear regarding my kids future</li> <li><input type="checkbox"/> I. Unable to make a positive list of things in life</li> <li><input type="checkbox"/> J. Never enjoy a hobby</li> <li><input type="checkbox"/> K. Never enjoy recreation with friends and family</li> <li><input type="checkbox"/> L. Regret for where or how my family lives</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Dissatisfied in career achievements</li> <li><input type="checkbox"/> B. My spouse is dissatisfied with our social status</li> <li><input type="checkbox"/> C. My spouse is dissatisfied with our financial state</li> <li><input type="checkbox"/> D. Financially stable enough to meet needs</li> <li><input type="checkbox"/> E. Can't put phone down at home or in social situations</li> <li><input type="checkbox"/> F. Doubts own judgment regularly</li> <li><input type="checkbox"/> G. Changes goals to please others</li> <li><input type="checkbox"/> H. Regular dissatisfaction regarding my kids future</li> <li><input type="checkbox"/> I. Worries even when most things are going well</li> <li><input type="checkbox"/> J. Rarely enjoy a hobby</li> <li><input type="checkbox"/> K. Rarely enjoy recreation with friends and family</li> <li><input type="checkbox"/> L. Dissatisfaction with where or how my family lives</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Hopeful of career achievements</li> <li><input type="checkbox"/> B. My spouse is hopeful about our social status</li> <li><input type="checkbox"/> C. My spouse is hopeful about our financial prospects</li> <li><input type="checkbox"/> D. Ability to save money as desired</li> <li><input type="checkbox"/> E. Able to unplug from work every week for one day</li> <li><input type="checkbox"/> F. Takes action with little reservation or apprehension</li> <li><input type="checkbox"/> G. Gives up on goals frequently</li> <li><input type="checkbox"/> H. Daily hope regarding my kids future</li> <li><input type="checkbox"/> I. Can see the positive side of things most of the time</li> <li><input type="checkbox"/> J. Sporadically enjoy a hobby</li> <li><input type="checkbox"/> K. Occasionally enjoy recreation with friends and family</li> <li><input type="checkbox"/> L. Content with where or how my family lives</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Feel a sense of pride in career achievements</li> <li><input type="checkbox"/> B. My spouse enjoys our social status</li> <li><input type="checkbox"/> C. My spouse admires me for my financial contribution</li> <li><input type="checkbox"/> D. Ability to spend money as desired</li> <li><input type="checkbox"/> E. Able to take time away with family and friends as desired</li> <li><input type="checkbox"/> F. Takes action without reservation</li> <li><input type="checkbox"/> G. Confidently completes goals</li> <li><input type="checkbox"/> H. Mutual excitement regarding my kids future</li> <li><input type="checkbox"/> I. Needs no reminder to 'count blessings'</li> <li><input type="checkbox"/> J. Regularly enjoy a hobby</li> <li><input type="checkbox"/> K. Regularly enjoy recreation with friends and family</li> <li><input type="checkbox"/> L. Proud of where or how my family lives</li> </ul>

# PRODUCTION

**Behavior: Contribute something good to the world. The sense of production comes from fulfilling our inner sense of calling in the world, the ability to bring forth something that meets and alleviates problems we care deeply about.**

LEVEL ONE	LEVEL TWO	LEVEL THREE	LEVEL FOUR
<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Daily dread going to work</li> <li><input type="checkbox"/> B. Sense of anonymity in job</li> <li><input type="checkbox"/> C. Overwhelmed by basic obstacles</li> <li><input type="checkbox"/> D. Derive no meaning from work</li> <li><input type="checkbox"/> E. Reoccurring burn out</li> <li><input type="checkbox"/> F. Brings negativity to workplace</li> <li><input type="checkbox"/> G. Pattern of complaining in workplace</li> <li><input type="checkbox"/> H. Unable to offer personal opinions</li> <li><input type="checkbox"/> I. Takes personal credit for subordinates successes</li> <li><input type="checkbox"/> J. Sets a low example for others in their life</li> <li><input type="checkbox"/> K. Poor emotional control-prone to outbursts or fits</li> <li><input type="checkbox"/> L. Poor physical health due to work stress</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Daily disconnected from work</li> <li><input type="checkbox"/> B. Sense of awkwardness in job</li> <li><input type="checkbox"/> C. Discouraged by obstacles</li> <li><input type="checkbox"/> D. Derive some meaning from work</li> <li><input type="checkbox"/> E. Suffer through work</li> <li><input type="checkbox"/> F. Accentuates the negative in situations</li> <li><input type="checkbox"/> G. Facilitates others' complaints</li> <li><input type="checkbox"/> H. Backs down in conflict or disagreement</li> <li><input type="checkbox"/> I. Mostly unconcerned for the development of others</li> <li><input type="checkbox"/> J. Self-aggrandizing attitude</li> <li><input type="checkbox"/> K. Behavior changes drastically in stressful situations</li> <li><input type="checkbox"/> L. Physical health declining due to work stress</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Daily distracted at work</li> <li><input type="checkbox"/> B. Sense of advancement in job</li> <li><input type="checkbox"/> C. Survive through obstacles</li> <li><input type="checkbox"/> D. Derive sporadic meaning from work</li> <li><input type="checkbox"/> E. Enjoy some aspects of work</li> <li><input type="checkbox"/> F. Diverts negativity at work</li> <li><input type="checkbox"/> G. Able to tactfully disagree and maintain harmony</li> <li><input type="checkbox"/> H. Sometimes able to offer dissenting opinions</li> <li><input type="checkbox"/> I. Offers credit for subordinates wherever possible</li> <li><input type="checkbox"/> J. Influences and encourages others through behavior</li> <li><input type="checkbox"/> K. Engages with others in a hopeful mood</li> <li><input type="checkbox"/> L. Physical health fluctuates occasionally due to work stress</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Daily desire to go to work</li> <li><input type="checkbox"/> B. Sense of achievement in job</li> <li><input type="checkbox"/> C. Confident in obstacles</li> <li><input type="checkbox"/> D. Derive great meaning from work</li> <li><input type="checkbox"/> E. Energized by work</li> <li><input type="checkbox"/> F. Tactfully stops all negativity</li> <li><input type="checkbox"/> G. Able to have candid conversations</li> <li><input type="checkbox"/> H. Able to offer opinions to anyone at any time</li> <li><input type="checkbox"/> I. Never takes credit for team's accomplishments</li> <li><input type="checkbox"/> J. Others emulate behavior and personality traits</li> <li><input type="checkbox"/> K. Makes everyone feel important and significant</li> <li><input type="checkbox"/> L. Physical health not affected by work stress</li> </ul>

## PART 2: QUEST INVENTORY OF BELIEFS

Beliefs surface in behaviors consistent with the story we tell ourselves.

In each of the rows, score from a 1-5 number (1 being the lowest, 5 being above average and automatic.)

### PURPOSE

**Ability: Clarity of action. Purpose comes from a confident sense of calling and wiring; simplifying decisions, focusing priorities, energizing action, and enabling sacrifice.**

PURPOSE	SCORE (1-5)	DESCRIPTION OF PERSONAL BEHAVIORS AND BELIEFS THAT CAUSE LOWER SCORES
My ability to maintain a consistent schedule		
My ability to explain my decisions		
My ability to persevere through difficulty		
My ability to articulate a life vision		
My ability to make lifestyle/habit changes		
My ability to make plans for the future		
Likelihood of maintaining a consistent routine		
Likelihood of fully engaging in my work		
My ability to maintain fitness and dietary habits		

## PROBLEM

**Ability: Conviction of what is broken. Problem captures the tension between a recognition that the world is not as it should be and the responsibility to make it right; a burden to remedy a specific need both externally in the world and internally in the self.**

PURPOSE	SCORE (1-5)	DESCRIPTION OF PERSONAL BEHAVIORS AND BELIEFS THAT CAUSE LOWER SCORES
My ability to maintain consistent behavior		
My ability to explain moral decisions		
My ability to energize a team		
My ability to articulate my values		
My ability to provide wise counsel to others		
My ability to work through relational conflict		
My ability to market my skills or products		
My ability to make sense of past wounds		
Likelihood of avoiding unhealthy addictions		

## PASSION

**Ability: Conviction of what is needed. Passion is the willingness to suffer for a cause greater than the self, where our greatest burden meets the world's deepest need; developing a specific project or product for a specific people.**

PURPOSE	SCORE (1-5)	DESCRIPTION OF PERSONAL BEHAVIORS AND BELIEFS THAT CAUSE LOWER SCORES
Likelihood I will sacrifice energy for a cause		
My ability to to inspire buy-in from others		
My ability to produce a profitable product menu		
Likelihood of family celebrating my successes		
Likelihood I will sacrifice money for a cause		
My ability to take action when needed		
My ability to build coalitions or teams		
Likelihood I will risk loss of social status for a cause		
My ability to overcome negative thoughts or criticism		

## PARADISE

**Ability: Confidence in the future. Paradise captures the internal picture of the preferred future which becomes the aim of our life, a hope-filled perspective that our efforts will help bend the arc of history towards a better future.**

PURPOSE	SCORE (1-5)	DESCRIPTION OF PERSONAL BEHAVIORS AND BELIEFS THAT CAUSE LOWER SCORES
My ability to envision an ideal day 5 years from now		
My ability to follow through on plans		
Likelihood I will be a positive presence at home		
Likelihood I will be a positive presence at work		
Likelihood of providing hopeful perspective in hardship		
My ability to relationally connect with my spouse		
Likelihood I will make sacrifices for a cause		
My ability to relationally connect with my children		
Likelihood to end the day with a sense of pride		



## QUEST INVENTORY SUMMARY

Which Level had the most marks in each category? Performance \_\_\_\_\_ Provision \_\_\_\_\_ Production \_\_\_\_\_

### List your lowest two scores for each Belief:

For instance, if you tended to score yourself higher, list the lowest two numbers you used. If you used or scored nothing as a 1 or a 2, then all scores of 3 and 4 should be listed below. The 1-5 grading is a subjective self-assessed number. Individuals will tend to score themselves higher or lower than others. If you tended toward being harder on yourself, and scored some areas all the way down to 1 and 2, then list those below:

### PURPOSE

### PROBLEM

### PASSION

### PARADISE

## QUEST SUMMONS

What do you see that you'd like to change? Don't do it alone. Schedule a free consultation at [www.thequestcoaching.com](http://www.thequestcoaching.com)