The *From Thought to Power™* Wheel

Self-Assessment

Discover where you are today across 8 dimensions of your inner world, and unlock the clarity to move forward with intention.



SCORE YOURSELF ON 8 DIMENSIONS · DISCOVER YOUR GAPS · BOOK YOUR CLARITY CALL

Take the next step · Book your free 25-minute Clarity Call

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BEFORE YOU BEGIN

How to Use This Assessment

This is not a test. There are no right or wrong answers. This assessment is a mirror, a snapshot of where you are today across the 8 dimensions of the From Thought to Power™ Wheel. The goal is honest self-reflection, not perfection.

01 **Read each question carefully.**
Give yourself a moment to actually feel your answer. Don't rush.

02 **Score yourself 1 to 10.**
Circle or note your score. 1 = rarely / not at all. 10 = consistently / fully.

03 **Be brutally honest.**
No one else will see this. The more honest your score, the more useful the insight.

04 **Notice patterns.**
After scoring all 8, look for your lowest 2 or 3 dimensions. That is where your growth lives.

05 **Book your Clarity Call.**
Share your results with Rana for a free 25-minute conversation about what they mean.

SCORING GUIDE · TOTAL OUT OF 80

8 to 32	Your inner world may be quietly limiting your outer results. Real growth starts here.
33 to 55	You have strong foundations in some areas and real room to grow in others.
56 to 72	You are operating well. Identify your 2 lowest dimensions for precision focus.
73 to 80	You are at high self-mastery. Coaching can help you sustain and go deeper.

SCORE EACH DIMENSION

1 (low) to 10 (high)

DIMENSION 01 Self-Belief

How strongly do you believe in your own ability to achieve what you want?

1 = I constantly doubt myself — 10 = I back myself fully

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 02 Fear vs Courage

How often do you choose courage over comfort in decisions that matter?

1 = Fear drives most of my choices — 10 = I act despite fear consistently

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 03 Responsibility vs Blame

How much ownership do you take for the results in your life?

1 = I often blame others or circumstances — 10 = I own my outcomes fully

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 04 Possibility Thinking

How open are you to outcomes beyond what you have already experienced?

1 = I default to "that's not possible for me" — 10 = I see genuine possibility

1	2	3	4	5	6	7	8	9	10

My reflection

SCORE EACH DIMENSION

1 (low) to 10 (high)

DIMENSION 05 Action Consistency

How consistently do you follow through on the actions you know you need to take?

1 = I know what to do and rarely do it — 10 = My actions match my intentions

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 06 Decision Confidence

How clearly and calmly do you make decisions, especially hard ones?

1 = I second-guess and delay — 10 = I decide from values, not fear

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 07 Inner Dialogue

How kind, honest, and constructive is the voice inside your head?

1 = My inner critic is relentless — 10 = My inner dialogue coaches me

1	2	3	4	5	6	7	8	9	10

My reflection

DIMENSION 08 Emotional Awareness

How aware and intentional are you in processing your emotions?

1 = Emotions control me — 10 = I treat emotions as data and respond clearly

1	2	3	4	5	6	7	8	9	10

My reflection

YOUR RESULTS

Your Wheel Score Summary

01	Self-Belief	Score: _____ / 10
02	Fear vs Courage	Score: _____ / 10
03	Responsibility vs Blame	Score: _____ / 10
04	Possibility Thinking	Score: _____ / 10
05	Action Consistency	Score: _____ / 10
06	Decision Confidence	Score: _____ / 10
07	Inner Dialogue	Score: _____ / 10
08	Emotional Awareness	Score: _____ / 10

TOTAL SCORE _____ / 80

My 2 lowest dimensions (greatest growth opportunity)

1. _____

2. _____

WHAT HAPPENS NEXT?

Book your free 25-minute Clarity Call

Share your Wheel scores with Rana. Leave with a clear understanding of your biggest inner lever, and what to do about it.

ranamalaeb.com · Book your Clarity Call today