CEO HEALTH CHECK

How It Works:

You'll answer a series of questions across five areas of leadership and life.

For each statement, rate yourself from **1 (Strongly Disagree) to 5 (Strongly Agree).**

At the end, you'll receive a snapshot of your CEO health and a sense of where attention may be needed.

CONVERGENT PEAK
GROWTH ADVISORY
Better Leader • Better Business • Better Life

1

Decision Clarity

Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree) for each statement below.

I feel confident about the major decisions I'm currently making.

I have a clear framework for weighing tough choices.

I am clear, and don't feel stuck or paralyzed when big decisions arise.

I have people I can talk to openly about high-stakes choices.

Decision Clarity Total: _____

2

Leadership & Team

Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree) for each statement below.

My executive team is aligned and working toward the same goals.

I trust the people around me to speak honestly and critically

---

We embrace conflict instead of avoiding it.

I feel supported by my leadership team.

Leadership & Team Total: _____

3

Business Health

Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree) for each statement below.

Our strategy is clear and well communicated.

We are making progress toward the future we want.

Our culture supports performance and accountability.

I am working on the big things, not constantly fighting fires.

Business Health Total: _____

4

Personal Load

Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree) for each statement below.

I sleep well most nights.

I have a good balance, and don't feel constantly overwhelmed.

I have time and energy for life outside work.

I feel in control of my schedule.

Personal Load Total: _____

5

Growth & Fulfillment

Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree) for each statement below.

I feel challenged and engaged in my role.	**I'm still learning and growing as a leader.**	**I'm proud of the example I'm setting.**	**I feel optimistic about what's ahead.**
----------	----------	----------	----------

Growth & Fulfillment Total: _____

Your CEO Health Score

80–100
You're operating from a strong foundation. Keep investing in clarity and support.

60–79
You're functioning, but strain is building. This is where small changes make a big difference.

Below 60
Something needs attention.You may be carrying more alone than you should.

JOE BUNKERS

1-605-366-8853
jbunkers@convergentpeak.com

What your score really means...

This isn't about being good or bad. It's about awareness. Most leadership breakdowns don't happen because of a lack of intelligence or effort. They happen because pressure builds quietly until something cracks.

Clarity is the first step toward better decisions.

If this assessment raised questions, or simply gave you language for something you've been feeling, I'd be glad to talk.
No pressure.
Just a conversation.

www.convergentpeak.com