

50-question Reinvention Operating System Index (ROSI™)

Rating Scale (1–5)

- 1 = Never true of me
 - 2 = Rarely true
 - 3 = Sometimes true
 - 4 = Usually true
 - 5 = Always true
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1. Reinvention Mindset

"Do I have the mindset to continuously reinvent myself?"

#	Question	Score (1–5)
1	I see change as an opportunity rather than a threat.	
2	I actively seek opportunities to improve myself.	
3	I regularly question my assumptions.	
4	I enjoy stepping outside my comfort zone.	
5	I believe learning never stops.	
6	I am willing to let go of outdated beliefs.	
7	I embrace constructive feedback.	
8	I intentionally challenge my own thinking.	
9	I adapt quickly when plans change.	
10	I view reinvention as part of my identity.	

Maximum: 50

2. Cognitive Agility (CRAFT – C)

"How mentally agile am I?"

#	Question	Score
1	I learn new skills quickly.	
2	I enjoy solving unfamiliar problems.	
3	I easily change my perspective.	
4	I unlearn outdated practices.	
5	I connect ideas across different disciplines.	
6	I remain curious about new topics.	
7	I experiment with different approaches.	
8	I ask thoughtful questions before reaching conclusions.	
9	I adapt my thinking when new evidence appears.	
10	I continuously update my knowledge.	

Maximum: 50

3. Resilience (CRAFT – R)

"How well do I recover from setbacks?"

#	Question	Score
1	I stay calm under pressure.	
2	I recover quickly after failures.	
3	I remain optimistic during uncertainty.	
4	I maintain focus during change.	
5	I handle criticism constructively.	
6	I learn from mistakes instead of dwelling on them.	
7	I keep moving forward despite obstacles.	
8	I manage stress effectively.	
9	I stay motivated during long-term challenges.	

#	Question	Score
10	I view setbacks as learning opportunities.	

Maximum: 50

4. AI Augmentation (CRAFT – A)

"How effectively do I work with AI?"

#	Question	Score
1	I regularly use AI tools in my work.	
2	AI improves my productivity.	
3	I experiment with new AI technologies.	
4	I know how to write effective prompts.	
5	I use AI to generate ideas.	
6	I verify AI outputs before acting on them.	
7	I understand AI's strengths and limitations.	
8	I continuously learn new AI capabilities.	
9	I combine human judgement with AI insights.	
10	I actively look for AI-enabled opportunities.	

Maximum: 50

5. Foresight (CRAFT – F)

"How well do I anticipate the future?"

#	Question	Score
1	I regularly monitor industry trends.	
2	I anticipate future opportunities.	
3	I prepare for multiple scenarios.	
4	I think long term before making decisions.	

#	Question	Score
5	I notice weak signals of change.	
6	I understand systems and their interactions.	
7	I identify emerging technologies early.	
8	I consider long-term consequences.	
9	I proactively prepare for disruption.	
10	I make decisions with the future in mind.	

Maximum: 50

6. Transformation (CRAFT – T)

"How effectively do I transform myself?"

#	Question	Score
1	I continuously develop new capabilities.	
2	I intentionally change unhelpful habits.	
3	I invest in personal growth.	
4	I regularly reinvent how I work.	
5	I embrace lifelong transformation.	
6	I act on feedback.	
7	I upgrade my skills every year.	
8	I redefine my goals as circumstances change.	
9	I continuously improve my routines.	
10	I actively shape the person I want to become.	

Maximum: 50

7. Triple-A Learning

"How effectively do I learn?"

Absorb

#	Question	Score
1	I read books regularly.	
2	I complete online courses.	
3	I actively seek mentors.	

Archetype

#	Question	Score
4	I study successful people.	
5	I identify patterns from experience.	
6	I use proven frameworks and mental models.	
7	I benchmark against best practices.	

Adapt

#	Question	Score
8	I apply what I learn immediately.	
9	I experiment frequently.	
10	I reflect and improve after every experience.	

Maximum: 50

8. Reinvention Cycle Mastery

"How effectively do I navigate change?"

#	Question	Score
1	I recognise disruption early.	
2	I accept uncertainty instead of resisting it.	
3	I quickly identify new opportunities.	
4	I build new capabilities when needed.	
5	I renew myself after major changes.	

#	Question	Score
6	I don't stay stuck during uncertainty.	
7	I recover faster after disruption.	
8	I continuously reinvent my career.	
9	I anticipate the next wave of change.	
10	I complete reinvention cycles successfully.	

Maximum: 50

9. Future Readiness

"Am I prepared for tomorrow?"

#	Question	Score
1	I dedicate time every week to learning.	
2	I continuously improve my digital skills.	
3	I develop AI-related capabilities.	
4	I maintain a personal learning plan.	
5	I build skills for future jobs.	
6	I actively expand my professional network.	
7	I stay informed about global trends.	
8	I invest in my personal brand.	
9	I continuously seek new experiences.	
10	I feel confident about my future employability.	

Maximum: 50

Radar Score Calculation

For each dimension:

Dimension Score (%) = (Your Score ÷ 50) × 100

This produces a radar chart with **nine spokes**:

- 1. Reinvention Mindset
- 2. Cognitive Agility
- 3. Resilience
- 4. AI Augmentation
- 5. Foresight
- 6. Transformation
- 7. Triple-A Learning
- 8. Reinvention Cycle Mastery
- 9. Future Readiness

Overall Reinvention Operating System Index (ROSI™)

$$ROSI = \frac{\text{Total Score}}{450} \times 100$$

where:

- **Total Score** = Sum of all 90 responses (maximum 450 points).

ROSI Levels

ROSI Score	Level
0–20	Observer
21–40	Explorer
41–60	Adapter
61–80	Reinventor
81–90	Transformation Leader
91–100	Reinvention Master

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