

The Antifragile Scorecard

A 5-Minute Self-Assessment

Purpose:

This scorecard helps you understand how well you *respond to uncertainty, pressure, and change* — and whether life is currently **weakening you, sustaining you, or strengthening you**.

How to Use:

For each statement, rate yourself honestly:

- **1 = Rarely true**
- **2 = Sometimes true**
- **3 = Often true**
- **4 = Almost always true**

SECTION 1: INNER STABILITY (SACRED)

Theme: *Does pressure strengthen or destabilize you internally?*

1. I remain emotionally grounded even during stressful periods.
2. I recover quickly after setbacks or bad days.
3. I have daily practices that stabilize my mind and energy.
4. I treat discomfort as feedback, not failure.
5. I stay committed even when motivation drops.

Section Score: ___ / 20

SECTION 2: LEADERSHIP ALIGNMENT (IMPACT)

Theme: *Do you lead with clarity instead of reaction?*

6. I face reality clearly, even when it's uncomfortable.
7. I consciously reframe obstacles into learning opportunities.
8. My daily actions align with what truly matters to me.
9. I turn insights into execution, not just ideas.
10. My leadership leaves people or systems better than before.

Section Score: ___ / 20

SECTION 3: INNOVATION & ADAPTABILITY (CREATE)

Theme: *Do uncertainty and failure fuel your growth?*

11. I experiment instead of waiting for perfect conditions.
12. I collaborate rather than compete when things get hard.
13. I bounce forward after failure with new insight.
14. I aim beyond comfort zones consistently.
15. I protect and renew my creative energy.

Section Score: ___ / 20

SECTION 4: LEADERSHIP AGILITY (7E)

Theme: *Do your values hold under pressure?*

16. I choose integrity even when it costs me.
17. I think beyond short-term urgency.
18. I manage my stamina sustainably.
19. I raise my standards without burning out.
20. I actively build confidence and capability in others.

Section Score: ___ / 20

SECTION 5: EXECUTION & IMPACT (BLUPRINT)

Theme: Do your systems compound value over time?

21. My work consistently creates real value for others.
22. My processes reduce friction instead of creating it.
23. Ownership and accountability are clear in my work.
24. I learn faster than circumstances change.
25. My efforts compound instead of resetting.

Section Score: ___ / 20

YOUR TOTAL ANTIFRAGILITY SCORE

Add all section scores:

Total Score: ___ / 100

INTERPRETING YOUR SCORE

0-40 → FRAGILE MODE

- Stress drains you
- Setbacks slow you down
- Systems rely on motivation

Focus: Stabilize first. Build inner systems before chasing outcomes.

41-70 → RESILIENT MODE

- You can recover from shocks
- Growth happens, but inconsistently
- Some systems work, others don't

Focus: Tighten alignment. Turn resilience into momentum.

71-85 → ANTIFRAGILE IN TRAINING

- Pressure accelerates learning
- Clear patterns of growth
- Systems support execution

Focus: Scale what's working. Reduce friction further.

86-100 → ANTIFRAGILE BY DESIGN

- Stress sharpens clarity
- Failure feeds innovation
- Growth compounds automatically

Focus: Lead others. Build antifragile systems beyond yourself.

ONE-MINUTE REFLECTION (MOST IMPORTANT)

Answer honestly:

1. **Which section scored lowest — and why?**
2. **What one system (not goal) would improve this score next month?**
3. **What discomfort am I currently avoiding that could strengthen me?**

FINAL TRUTH

Goals inspire you once.

Systems protect you every day.

Antifragility is designed — not hoped for.