

Fractured Leader Longevity Test

Answer honestly. Don't overthink. Just reflect on how you've shown up lately.

Each scenario offers two contrasting responses.

Score yourself based on which one most consistently reflects your behavior:

2 - I align with the first response

(Presence, clarity, integrity - even under pressure)

1 - I waver between the two

(I try to respond well, but often second-guess or slip)

0 - I align with the second response

(I react, avoid, collapse, or defend out of habit)

1. Calm Presence

Your team or family is panicking about a sudden problem. People look to you. No one knows what to do.

Do you remain grounded and set a tone of clarity and steadiness?

Or do you mirror their chaos, withdraw, or fix without presence?

2. Tactical Empathy

Your spouse or teammate says bluntly:

"You don't support me." Or worse: "You don't care anymore."

Do you pause, feel the pain behind the words, and seek to understand what they need?

Or do you defend yourself, explain your good intentions, or attack their unfairness?

3. Framed Consent

A peer or partner gives you a "yes" you can feel is pressured, but you accept it to move forward.

Do you pause and say, "That felt off. Are you sure?"

Or do you move ahead and justify it as a win?

4. Quiet Strength

A senior leader or loved one makes a bad call. You sense speaking up may risk reputation or relationship.

Do you calmly name your truth with care and conviction?

Or do you say nothing and resent them later?

5. Abiding

You're offered an opportunity that advances your career but demands your rest, your Sabbath, or your soul.

Do you ask, "What would I lose if I said yes?" and pause in prayer?

Or do you accept, trusting you'll "figure it out later"?

Scoring Key

9-10: Quietly Rooted - You're integrated, but stay alert.

6-8: Hairline Fractures - Mostly steady, but weak spots need healing.

3-5: Splintering Inside - You're leading from depletion. Collapse is near.

0-2: On the Edge - Your identity is at risk. Time for radical rest and re-rooting.