



BEING AT FULL
POTENTIAL

Human Potential Assessment of

Sample Report

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Assessment conducted by **BEING AT FULL POTENTIAL**

(www.beingatfullpotential.com)

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1. Executive Summary

- ❖ Well done! Your human potential is well-utilized. You have found effective ways to align who you are with what you do, and you are seeing the impact of this authenticity. We encourage you to keep this course and ask yourself what it would take to move from "Good" to "Great"!
- ❖ You have a greater inclination towards personal growth than you have felt in the past years. You know that there is much more to your life than is visible today to others. You notice that there are things that could be different, and you spend time either wondering about it or addressing it. You have started to question your priorities and you use reason effectively to understand what is going on within you and around you. You express greater determination for things important to you. Beware of judging situations too quickly or too harshly based on your beliefs.
- ❖ In the following report you will be provided with many more detailed findings that will help you in these development efforts. Some of them will resonate strongly and trigger a desire to act, while others may not feel as relevant at first glance. We invite you not to ignore these tensions as our experience shows that the most powerful insights are often hidden beneath the contradictions that you may perceive in the data. We strongly recommend that you work with a certified Human Potential Assessment Coach to fully understand the findings and discover ways in which they can be integrated into your life.



2. Background

- ❖ Both modern management science and ancient spiritual sciences recognize a certain state consistent among those who operate at high potential. These people tend to lead meaningful and fulfilling lives, create significant impact and have the ability to do all of this while remaining centered, irrespective of the circumstances they encounter. The Human Potential Assessment Model aims to measure and consistently enable this kind of human potential realization.
- ❖ Although the numbers are an important part of the solution this is not where the main focus should be when you study this report. We invite you to use the scores simply as an entry point for meaningful self-examination and to ask exploratory questions.
- ❖ Also, you should be careful not to interpret the measures as "good" or "bad". A person with a high Human Potential score is not better than someone with a low score. Rather, you should be looking at lower scores as opportunity areas that can bring out even more of your inherent capabilities. The model will show you how to do this. It will reveal the key leverage points to focus on and key questions to explore in your personal development work.



3. Introduction to the HUMAN POTENTIAL model:

A framework to assess and unlock HUMAN POTENTIAL

Our approach to Human Potential realization aspires to elevate your state of BEING. We deeply believe that when your BEING is ignited and you access your most passionate selves, all of life becomes a joyful and incredibly rewarding experience. We believe that you will realize your Full Potential when your DOING and BEING are fully aligned.

"When the BEING is alive, the DOING thrives"

The HUMAN POTENTIAL Assessment Tool is the beginning of a 3-step process. It puts the necessary facts & data on the table to enable the right conversations and identify the key levers to further unlock your human Potential.

During the next phase we recommend you work with a coach to integrate these findings and make them your own. It's this discovery process that will trigger deep commitment and lasting engagement. At the end of this critical phase the next steps and personal development roadmap will become clear. Finally, together with a coach, you may work together to unleash and liberate your untapped potential.

"When we focus our attention on HUMAN POTENTIAL, we inspire people to stretch beyond expectations and deliver extraordinary results."

In this model, maximizing Human potential is directly dependent on triggering four States within you; BEING Inspired, BEING Abundant, BEING in Service and BEING Aware. (see Appendix 1 for the definition of each of these States).

Within each State are a number of Dimensions to help you understand the levers of Human Potential realization and pinpoint the areas that will have the greatest impact on your life (see Appendix 1 for a short description of the Dimensions).

Diagram 1 denotes a HUMAN POTENTIAL utilization scale and the various color codes help understand the current score. The same color coding will also be used to determine the strengths and opportunity areas for an individual along the different DIMENSIONS.

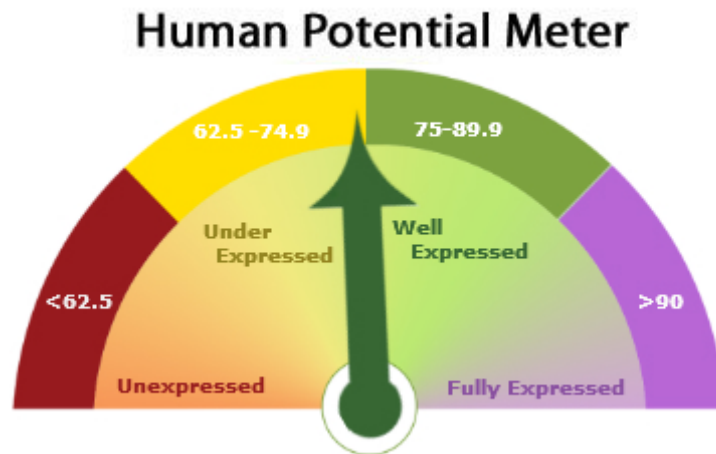
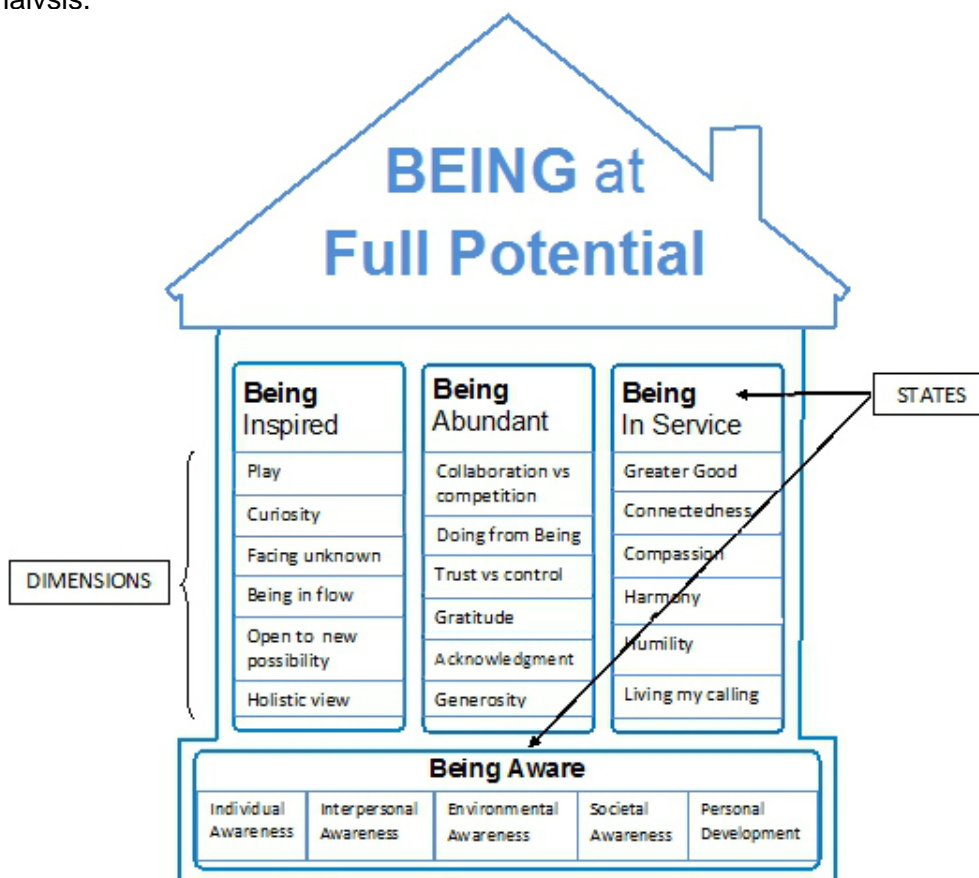
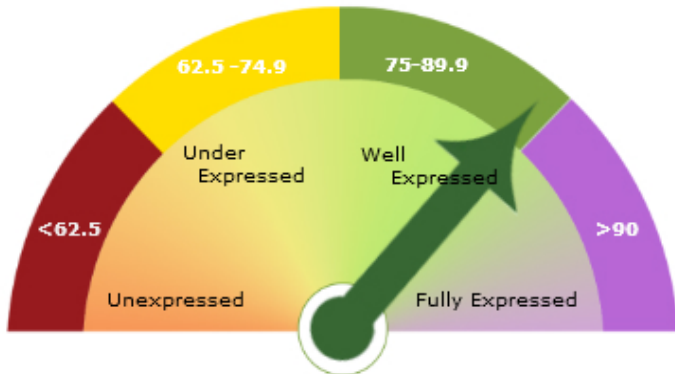


Diagram 1 is a visual representation of the HUMAN POTENTIAL model We will be referring to the STATES, DIMENSIONS and relationships between them in the subsequent analysis.



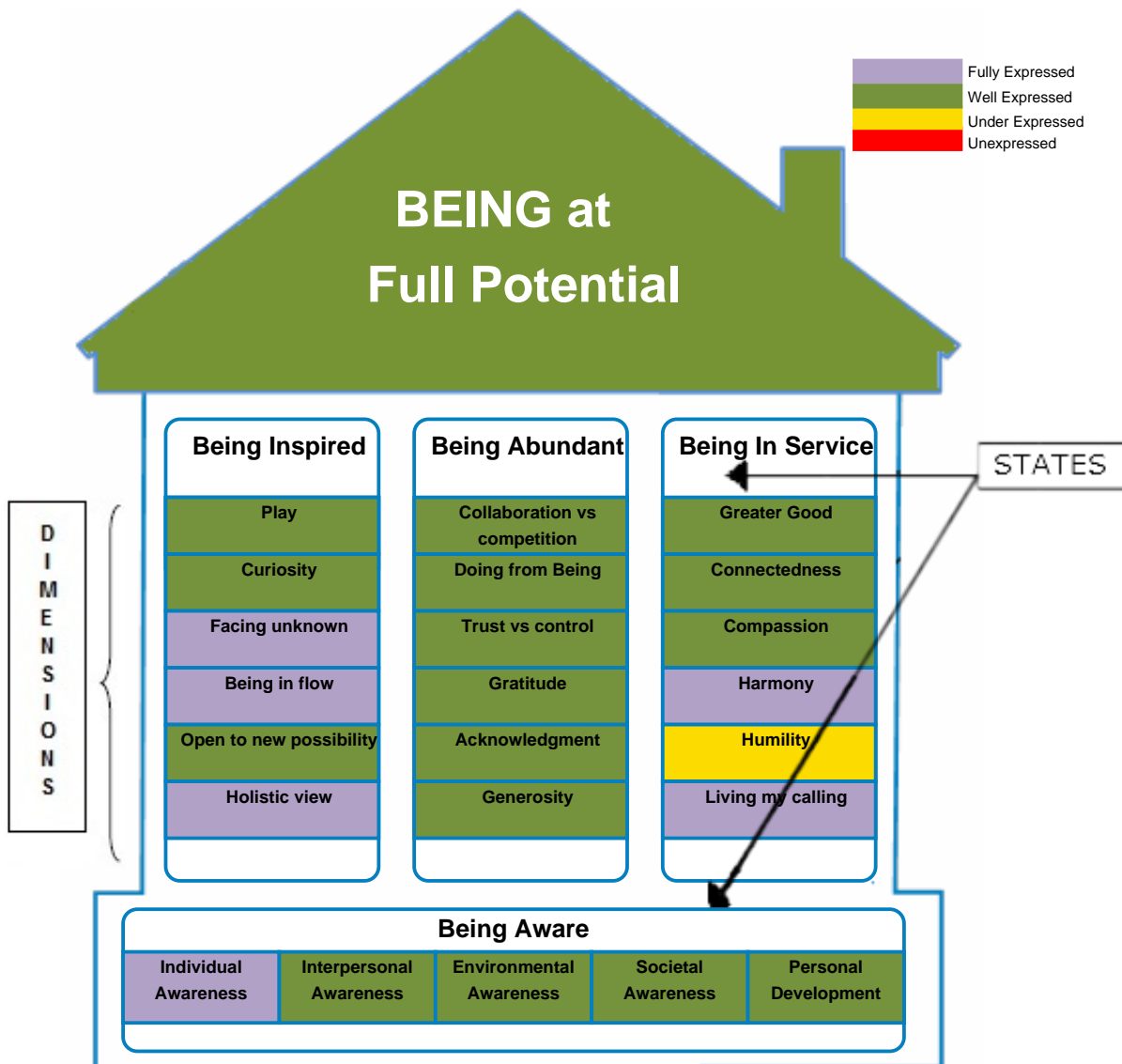
4. Overview of Sample's HUMAN POTENTIAL utilization:



Sample's Human potential score is: **85**

Key Finding:

Well done! Your human potential is well-utilized. You have found effective ways to align who you are with what you do, and you are seeing the impact of this authenticity. We encourage you to keep this course and ask yourself what it would take to move from "Good" to "Great"!



5. Detailed findings:

In this section we will explore a number of additional characteristics that are common amongst individuals who are realizing their full Human Potential. These characteristics help you in pinpointing additional areas of strengths and opportunities for future development.

Finding 1: Most expressed & least expressed aspects of yourself

This section highlights the aspects of yourself that are most expressed and those that are least expressed. You should be careful not to interpret these as strengths or weaknesses but rather as inherent potential that you may or may not have been able to access yet. By looking at the top and bottom 3 dimensions from this perspective you are able to start prioritizing future areas of development

Being in the Flow:	95
Facing the Unknown:	95
Holistic view:	92
Living my Calling:	92
Individual Awareness:	91
Harmony:	90
Curiosity:	89
Play:	88
Doing from Being:	86
Greater Good:	86
Acknowledgment:	85
Generosity:	85
Societal Awareness:	85
Personal Development:	85
Interpersonal Awareness:	83
Connectedness:	83
Gratitude:	82
Open to New Possibilities:	82
Environmental Awareness:	80
Collaboration vs. Competition:	79
Compassion:	75
Trust vs. Control:	75
Humility:	74

Top 3 Dimensions expressed:

- **Being in the Flow:** [Ability to remain centered even in challenging times] is 'Fully Expressed'
- **Facing the Unknown:** [Willingness to step into uncertainty in spite of the challenges you may be facing] is 'Fully Expressed'
- **Holistic view:** [Being able to step back and see the big picture from the perspective of the different stakeholders] is 'Fully Expressed'

Bottom 3 Dimensions expressed:

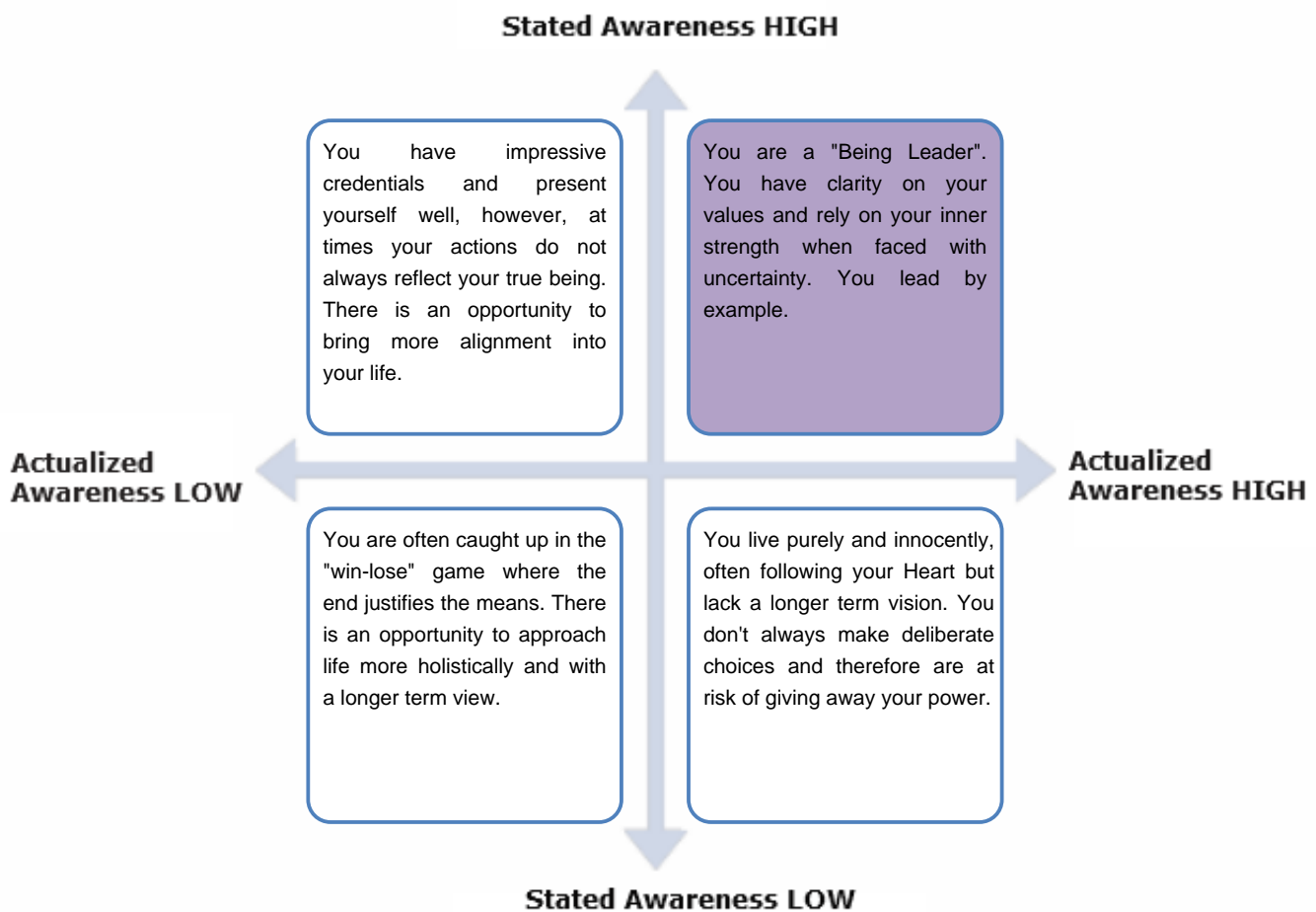
- **Humility:** [Accepting that your thoughts and the way you choose to respond to a situation is the only thing you can control] is 'Under Expressed'
- **Trust vs. Control:** [Measures your comfort with uncertainty, and the level of trust you have in yourself, and your ability to stretch beyond your comfort zone into new opportunities] is 'Well-Expressed'
- **Compassion:** [The ability to open your heart and see the world from another person's perspective] is 'Well-Expressed'

Color coding

	Fully Expressed
	Well Expressed
	Under Expressed
	Unexpressed

Finding 2: Alignment & Authenticity

The Alignment & Authenticity matrix maps who you perceive yourself to be at a conscious level (referred to as Stated Awareness) AND who you are actually being at an unconscious level (referred to as Actualized Awareness). The combination of these two axis can help you see in which of the four quadrants you find yourself today, and where you might want to grow towards in the future.



Findings:

You are a "Being Leader". You have clarity on your values and rely on your inner strength when faced with uncertainty. You 'walk the talk' and lead by example. You look at each day as an ongoing practice of embodying your highest calling and living your full potential.

Finding 3: Intensity

The Intensity score measures your aliveness, or intensity with which you engage life. Being "full on" is a sign that you are contributing in meaningful and deeply fulfilling ways. This vibrant energy is contagious and acts as a powerful magnet to attract the right people and opportunities into your life.



You are always full on, bringing the best of yourself to every situation. Your energy is contagious which makes it easy for you to engage and energize others. You are focussed and purpose-driven, and meaning is driving your actions. Remain connected to your energy level, manage it appropriately so that you can present yourself fully in all situations that matter most to you. Take enough downtime to recharge yourself and reappear in full intensity.

Finding 4: Inner Strength

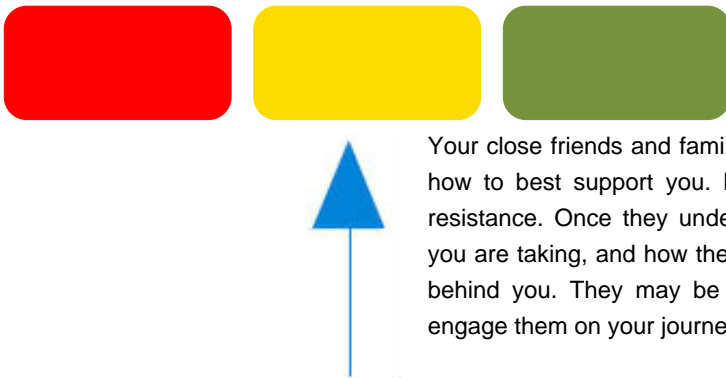
The Inner Strength score gives you a sense of how rooted you are in your core values and how courageous you are in staying true to them.



Great! You possess great inner strength and resilience. You have great clarity of your values and principles and have built a life anchored around them. You are aligned with your inner voice and are not distracted by the demands of your worldly circumstances. You take time to reflect and act carefully which helps you stay centered and see opportunities where others might only see challenges.

Finding 5: External Support

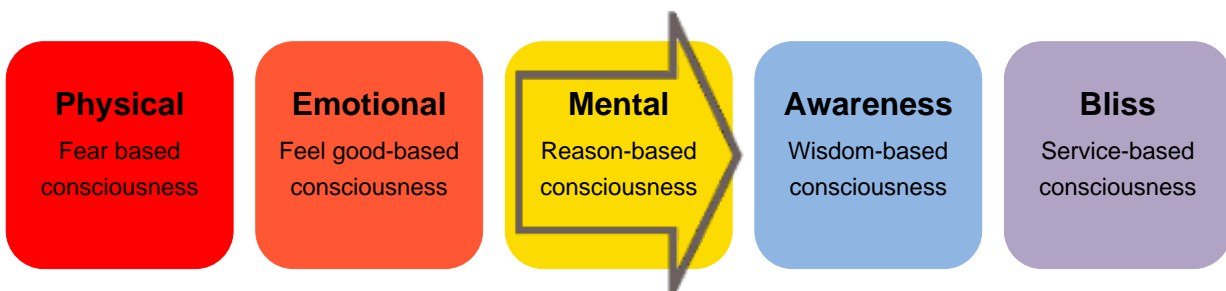
The External Support score measures the extent to which your immediate environment understands and supports you in stepping into your full potential. A supporting environment makes it easier to follow your calling. Without this, it becomes even more important to build and nurture a solid inner core that can help you stay on track and work through the challenges that arise.



Your close friends and family want the best for you but may not understand how to best support you. Do not be discouraged by their confusion and resistance. Once they understand your calling, and start seeing the steps you are taking, and how they infuse your life with meaning, they will be fully behind you. They may be waiting for you to "bring them on board" and engage them on your journey.

Finding 6: Personal Maturity Index

The "Personal Maturity Index" measure gives you an indication of the underlying motivations present in your life today and the impact this has on your belief systems and behaviour patterns. This measure helps you to identify the personal learning you must embrace in order to reach the next breakthrough and to grow your life in a truly sustainable way.



You have a greater inclination towards personal growth than you have felt in the past years. You know that there is much more to your life than is visible today to others. You notice that there are things that could be different, and you spend time either wondering about it or addressing it. You have started to question your priorities and you use reason effectively to understand what is going on within you and around you. You express greater determination for things important to you. Beware of judging situations too quickly or too harshly based on your beliefs.

5. Appendix 1: State & Vector definitions:

HUMAN POTENTIAL SCORE: Measures extent to which an individual's potential is being utilized

BEING Aware: The level of self-awareness, and the depth of understanding with which we engage the world

1. Individual Awareness: The extent to which you are aware of your unique gifts and has chosen to live by them
2. Interpersonal Awareness: Measures how effectively you relate and interact with others
3. Environmental Awareness: Measures how aware your immediate environment is (indicates how supportive your environment is towards your personal growth)
4. Societal Awareness: Measures the amount of concern you have towards society and environment (planet)
5. Personal Development: Measures your openness to personal development as a means to more effective leadership & performance

BEING Inspired: Your ability to innovate and unlock new opportunities.

6. Play: The extent to which life is a joyful, creative experience
7. Curiosity: Your ability to look at the world with fresh eyes
8. Facing the Unknown: Willingness to step into uncertainty in spite of the challenges you may be facing
9. Being in the Flow: Ability to remain centered even in challenging times
10. Open to New Possibilities: Ability to see opportunities even in difficult situations
11. Holistic view: Being able to step back and see the big picture from the perspective of the different stakeholders

BEING Abundant: Living in deep regard of yourself, of others and of the circumstances you encounter

12. Collaboration vs. Competition: The synergy that is created when you step beyond your own self-interest in service of a greater purpose
13. Doing from Being: Willingness to bring your full self into everything you do
14. Trust vs. Control: Measures your comfort with uncertainty, and the level of trust you have in yourself, and your ability to stretch beyond your comfort zone into new opportunities
15. Gratitude: Seeing the goodness even in challenging situations
16. Acknowledgment: The ability to see the positives in people and situations and acknowledge it
17. Generosity: The openness to give to others without expecting anything in return

BEING in Service: Living in service of the greater good.

18. Greater Good: Deeply caring and committing yourself to a greater good
19. Connectedness: The ability to experience the world as a web of interconnected relationships
20. Compassion: The ability to open your heart and see the world from another person's perspective
21. Harmony: The ability to create sufficient space for reflection and self-care
22. Humility: Accepting that your thoughts and the way you choose to respond to a situation is the only thing you can control
23. Living my Calling: Extent to which your life is in line with your true aspirations

