



## "I Am" Statement Quiz

### A Self-Reflection Tool for Personal Growth and Leadership

Your "I Am" statement is built on self-awareness, values, and aspirational leadership. This quiz encourages thoughtful reflection about who you are today and who you strive to become. Use your responses to craft powerful **"I Am" statements** that align with your vision, purpose, and strengths.

✨ *Example: "I am fierce and face adversity proactively."*

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### Instructions:

1. Read and reflect on each question.
  2. Select the response that best describes your approach.
  3. Use the **comments** section to elaborate or add personal insights.
  4. After completing all questions, write **5–7 personalized "I Am" statements** on the final page.
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### 1. How do you approach challenges?

- ☐ I see challenges as opportunities for growth.
- ☐ I try to avoid them whenever possible.
- ☐ I face them head-on and learn from them.
- ☐ I tend to overthink but eventually find a way.

### Comments:

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## 2. How do you handle setbacks or failures?

- ☐ I bounce back quickly and find new solutions.
- ☐ I feel discouraged and need some time to regroup.
- ☐ I reflect on what went wrong but try to stay positive.
- ☐ I use setbacks as motivation to push harder.

**Comments:**

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## 3. How do you feel about personal development?

- ☐ I'm content with where I am, but I'd like to grow more.
- ☐ I'm always open to new experiences and learning opportunities.
- ☐ I try to grow, but sometimes forget to prioritize it.
- ☐ It's a lifelong journey, and I'm committed to constant improvement.

**Comments:**

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## 4. How do you view your impact on others?

- ☐ I inspire and motivate others to be their best selves.
- ☐ I offer advice when asked but don't always actively mentor.
- ☐ I try to lead by example and encourage those around me.
- ☐ I tend to focus more on myself than on influencing others.

**Comments:**

## 5. How do you feel about success?

- ☐ Success will come when I align my purpose with my actions.
- ☐ I believe I am worthy of success and will achieve it with hard work.
- ☐ Success is important, but I sometimes doubt my abilities.
- ☐ I find success important, but it can feel out of reach at times.

**Comments:**

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## 6. How do you typically handle uncertainty?

- ☐ I embrace it as a part of life and stay confident.
- ☐ I face it with courage and believe it's an opportunity to learn.
- ☐ I avoid uncertainty as much as possible.
- ☐ I try to plan ahead, but I get anxious in uncertain situations.

**Comments:**

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## 7. What is your relationship with your goals?

- ☐ I set goals that align with my purpose and passions.
- ☐ I set clear goals and relentlessly work toward them.
- ☐ I set goals, but sometimes struggle to stay focused on them.
- ☐ I'm unsure about what my goals are right now.

**Comments:**

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## 8. How do you deal with stress and pressure?

- ☐ I remain calm and handle pressure with clarity.
- ☐ I try to stay composed but sometimes feel overwhelmed.
- ☐ I turn stress into motivation and stay disciplined.
- ☐ I struggle with stress and find it hard to stay focused.

**Comments:**

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## 9. How do you view change?

- ☐ I see change as an essential part of growth and embrace it.
- ☐ I take time to adjust but eventually get comfortable.
- ☐ I welcome change as it brings new opportunities.
- ☐ Change makes me uneasy, and I resist it.

**Comments:**

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## 10. How do you describe your mindset?

- ☐ Balanced, but sometimes I struggle with negative thoughts.
- ☐ I tend to be reactive rather than proactive.
- ☐ Growth-focused and always moving forward.
- ☐ Empowered, with a focus on my vision and purpose.

**Comments:**

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## Your “I Am” Statements

Reflect on your answers and your roles in life (e.g., spouse, parent, friend, leader). Consider what matters most to you and how you want to show up in the world. Then, write **5–7 powerful “I Am” statements** that express your values, behaviors, and aspirations.

1. I am \_\_\_\_\_
2. I am \_\_\_\_\_
3. I am \_\_\_\_\_
4. I am \_\_\_\_\_
5. I am \_\_\_\_\_
6. (Optional) I am \_\_\_\_\_
7. (Optional) I am \_\_\_\_\_

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For additional resources, visit [www.LeanRetirement.com](http://www.LeanRetirement.com) to access the full **I Am Form** and **LEAP Planner** — a complete toolset for building your vision, values, and legacy.