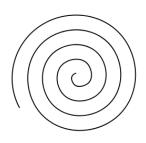


AUTHENTIC AGENCY QUESTIONNAIRE

DO YOUR DECISIONS REFLECT WHO YOU TRULY ARE? CAN YOU EFFECTIVELY TURN YOUR VALUES AND DREAMS INTO ACTIONS THAT SHAPE YOUR LIFE?

Agency is the ability to act consciously rather than just react to circumstances. It's the capacity to make decisions aligned with your values and to follow through on meaningful goals. Authenticity, on the other hand, means living in alignment with yourself—without conforming to external expectations or compromising what truly matters to you.



This questionnaire will help you assess how well your life and decisions reflect your values and whether you feel a sense of control over your personal growth.

How to complete the questionnaire?

Respond to the following statements based on how you typically behave.

Response scale:

- 1 Strongly disagree
- 2 Rather disagree
- 3 Neutral
- 4 Rather agree
- 5 Strongly agree



My actions reflect my values and long-term priorities.	1	2	3	4	5
I often adjust to others' expectations, even when it's not aligned with my needs. [R]	1	2	3	4	5
I have a strong inner conviction that my decisions shape my life.	1	2	3	4	5
I get easily distracted and struggle to follow things through. [R]	1	2	3	4	5
When I set a goal, I usually pursue it consistently.	1	2	3	4	5
When obstacles arise, I seek new solutions instead of giving up.	1	2	3	4	5
I often act on impulse without reflecting on whether something is truly important to me. [R]	1	2	3	4	5
In relationships, I can clearly communicate my needs and boundaries.	1	2	3	4	5
I tend to procrastinate, even when I know what I should do. [R]	1	2	3	4	5
I have little control over many aspects of my life, no matter how hard I try. [R]	1	2	3	4	5
When my ideas face criticism, I lose motivation to pursue them. [<i>R</i>]	1	2	3	4	5
I make sure my environment and habits support my authenticity and growth.	1	2	3	4	5
I can say "no" when something isn't aligned with my values and needs.	1	2	3	4	5
I often know what I want, but I hesitate for a long time before taking action. <i>[R]</i>	1	2	3	4	5
I have concrete strategies that help me achieve my goals in a way that aligns with my values.	1	2	3	4	5

RESULT INTERPRETATION: Agency and Authenticity in Action

Your responses are not a judgment—they are a guidepost. Your ability to make decisions and act in alignment with yourself, as well as your capacity to follow through on your goals, can develop at different levels. Your score offers an opportunity for reflection: **Am I living in alignment with myself? Do my choices reflect who I truly am?**

Calculate your score:



- First, **reverse-score** the answers for statements marked **[R]** (1 ≠ 5, 2 ≠ 4, 3 stays the same).
- Sum up your responses. The total score will range from **15 to 75 points**.

<u>61–75 points: You are the leader of your life</u>

You live authentically—your values and actions are well-aligned. You make decisions that reflect who you are while effectively achieving your goals. When obstacles arise, you don't give up but seek new solutions. Your confidence and consistency help you build a life on your own terms.

How can coaching with me help?

Coaching can help you **maximize your agency and deepen your awareness of how to make even more intentional decisions**. Would you like to refine how you manage your resources and energy? Maybe you're ready to expand your authenticity into new areas of life?

40-60 points: You have direction, but sometimes lose momentum

You are aware of your values and strive to act in alignment with them, but at times you encounter internal or external barriers. Maybe you sometimes succumb to social pressure or struggle to see things through. Perhaps turning intentions into concrete actions feels difficult at times.

How can coaching with me help?

Coaching can help you **strengthen your confidence and develop strategies for effective action**. What makes it difficult to act in alignment with yourself? How can you consciously build your agency and better manage your energy?

Reflection question: What small steps could you take to act in a more authentic and effective way?



15–39 points: Time to regain control and courage to act

Your score suggests that you may struggle with making decisions aligned with your values and consistently following through on your goals. Maybe you often adapt to external expectations, losing sight of what truly matters to you. Perhaps you feel that much of life is outside of your control.

How can coaching with me help?

Coaching can help you **rebuild your sense of agency and confidence**. Together, we can examine what is blocking your authenticity and help you create a life that genuinely reflects who you are.

Reflection question: How would your life look if you made decisions fully consciously and acted in alignment with yourself?

WHAT'S NEXT?

Every conscious decision—even the smallest one—is a step toward a life that is truly yours. Maybe you are already acting in alignment with yourself but want to strengthen your consistency and courage. Or perhaps you are just beginning to discover how to shape your reality in a way that truly serves you.

Coaching with me is a space where you can explore what truly drives you, break through internal barriers, and make more confident decisions that matter.

How would your life change if you showed up for it fully—aligned with your values, but also with a concrete action plan? Maybe it's time to find out together.

If you're ready for a deeper transformation, I invite you to work together, where **your authenticity and agency become your strongest compass**.



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�� Protecting Your Privacy:

This questionnaire is designed for your personal reflection. Please do not send me your results via email or other means – protecting your data is my priority. If we decide to work together in a coaching process, I may offer you a similar tool tailored to your individual situation.

�� What's next?

If you found this experience valuable, why not take the next step? Coaching can help you fully unlock your potential and turn insights into meaningful action.

Spread the inspiration!

Know someone who might benefit from a similar reflection? Feel free to share my website with those who might be interested in coaching.

♦♦ Check my website for up-to-date contact details and reach out if you'd like to learn more.

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