

ShowUp9™ Self-Evaluation

This self-evaluation is simple: For each of the nine ways of showing up, mark PASS or NEEDS WORK. This is not a test — it ' s a mirror. Be honest, be kind to yourself, and bring this sheet to Session 1.

1. Show Up With Clarity

I understand what season I ' m in, what matters most, and what I am aiming toward.

PASS / NEEDS WORK

2. Show Up With Purpose

My daily actions connect to something meaningful and aligned with who I want to become.

PASS / NEEDS WORK

3. Show Up With Presence

I am mentally and emotionally present. I listen deeply. I respond rather than react.

PASS / NEEDS WORK

4. Show Up With Ownership

I take responsibility for my choices, my direction, my attitudes, and my outcomes.

PASS / NEEDS WORK

5. Show Up With Integrity

What I say, what I do, and who I am align — even when no one is watching.

PASS / NEEDS WORK

6. Show Up With Courage

I confront hard things, have honest conversations, and take the next step even when afraid.

PASS / NEEDS WORK

7. Show Up With Compassion

I extend grace to myself and others. I lead without harshness, and I correct without cruelty.

PASS / NEEDS WORK

8. Show Up With Resilience

I recover after setbacks, regulate my emotions, and keep moving forward.

PASS / NEEDS WORK

9. Show Up With Consistency

I follow through. I show up reliably. I don ' t disappear from what matters most.

PASS / NEEDS WORK

Reflection Questions (Optional)

Choose one area you marked NEEDS WORK and answer:

1. Why is this area challenging for me right now?

2. What would “ PASS ” look like in this area?
3. What one small step could I take this week to strengthen it?

Bring this completed sheet to our first coaching session.