
Baseline score card

Start here: your before photo. Score it before week 1.

Score the four statements below before week 1. Don't aim for a good score. Aim for an honest one; this is the "before" picture.

Self-score: Baseline

Score each statement from 1 (not true) to 5 (true). Mark one box per row.

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|---|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|
| 1. I can name the people whose support would genuinely move my career forward. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 2. I can start a conversation with someone senior without rehearsing it in my head first. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 3. I follow up after a good conversation instead of letting it fade. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 4. Someone with real influence has seen my work and would put my name forward. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
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