

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" photo.

Self-score: Baseline

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

1. People beyond my manager could name what I'm working on right now.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
2. I can state my last win in one sentence without shrinking it.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
3. I said something in a meeting this week that wasn't a status update.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
4. My wins from the last month are written down where I can find them.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐