

ADVENTURE GOAL ASSESSMENT INVENTORY

Self-Assessment of Four Adventure Domains

As discussed in chapter six of *Adventure Coaching: A Guidebook for Anyone in Life and Work* (Gray, 2004), there are four adventure domains, four ways to look at adventure. These domains are based upon recent research in multiple intelligence, the different ways that we each interpret the world. Also, these adventure domains are familiar to you. When you embrace an adventure, you may notice these four domains-- physical, emotional, cognitive, and spiritual adventures.

This self-assessment is designed to help you **focus on your professional life and work, but it also can be applied to your personal life**. For each of the statements listed below, circle the number that **best indicates how you currently think or feel about yourself**. There are no “right” or “wrong” answers, only your honest responses. Take about 10 minutes.

	Not True of Me	Slightly True of Me	Mostly True of Me	True of Me
1. I am aware of the physical warning signs about my physical health.	1	2	3	4
2. At work, I know how my emotions impact my performance.	1	2	3	4
3. I know my strengths and limitations concerning my expertise at work.	1	2	3	4
4. I practice ways to tap into and nurture my spirit.	1	2	3	4
5. I am aware of the interplay between my mind, body, emotions, and spirit.	1	2	3	4
6. I get enough rest and sleep so that my energy is renewed.	1	2	3	4
7. I can bounce back after feeling disappointed.	1	2	3	4
8. When I express my values and beliefs, I try to do so in confident and constructive language that is neither aggressive nor defensive.	1	2	3	4
9. I know when I'm feeling whole or fragmented in how I'm living in the world.	1	2	3	4
10. I am aware of the impact of my self-talk on my emotions, body, and spirit.	1	2	3	4
11. I am aware of how my physical presence affects my connection with my community and colleagues.	1	2	3	4
12. I am able to read other people's emotions from their affect and body language.	1	2	3	4
13. When noticing what others say and do, I assume best intentions.	1	2	3	4
14. I feel compassion for those struggling in life and recognize we are part of one mutually connected human community.	1	2	3	4
15. I follow the deeper wisdom of my body, mind, heart, and spirit to	1	2	3	4

know what to do in emergency situations.				
16. I mentor, coach, or intentionally contribute to developing others.	1	2	3	4
17. I regularly ask people about their emotional reactions to situations.	1	2	3	4
18. When in discussions with others, I have the integrity and courage to maintain my beliefs even if they are unpopular.	1	2	3	4
19. When I could speak ill or well of another, I choose to speak well.	1	2	3	4
20. An integral part of my life involves speaking up for the dignity of those less fortunate, or the balance and sustainability of nature.	1	2	3	4

Step One: From the previous page, write into Scoring Chart #1 (below) your scores for each statement. Add the scores for each of the statements to determine your score for that adventure domain. Use that number and the table in step two to determine your need for attention or change strategy.

My Scoring Chart #1:

Add your scores for each of the following statements:	Your Score	Adventure Domains	Need for Attention	Change Strategy
#1 () + #6 () + #11 () + #16 () =		Physical Adventure		
#2 () + #7 () + #12 () + #17 () =		Emotional Adventure		
#3 () + #8 () + #13 () + #18 () =		Cognitive Adventure		
#4 () + #9 () + #14 () + #19 () =		Spiritual Adventure		
#5 () + #10 () + #15 () + #20 () =		Overall Adventure		

Step Two:

Score for each section	Need for Attention	Change Strategy
13+	Low	Reinforce
11-12	Moderate	Observe
10 or below	High	Develop

In the last two columns of your scoring chart, write whether there is a low, moderate or high need for attention in that adventure domain. Then write whether there is a need to reinforce, observe, or develop your change strategy.

Hopefully you have just defined some areas with lower scores! These are areas with a “Moderate” or “High” need for attention. Not to worry-- that is the value of any assessment inventory! To the extent that you were honest with yourself when you completed this assessment, it is a snapshot or a mirror of who you are right now.

Step Three: From the previous page, write into Scoring Chart #2 (below) your scores for each statement. Once again, add the scores for each of the statements to determine your score for that adventure quadrant. Use that number and the table in step four to determine your need for attention or change strategy.

My Scoring Chart #2:

Add your scores for each of the following items:	Your Score	Adventure Quadrants	Need for Attention	Change Strategy
#1 () + #2 () + #3 () + #4 () + 5 () =		Self-Awareness		
#6 () + #7 () + #8 () + #9 () + 10 () =		Self-Care		
#11 () + #12 () + #13 () + #14 () + 15 () =		Social Awareness		
#16 () + #17 () + #18 () + #19 () + 20 () =		Social Contribution		

Step Four:

Score for Each Section	Need for Attention	Change Strategy
17+	Low	Reinforce
14-16	Moderate	Observe
13 or below	High	Develop

You may be wondering about the four quadrants described in step three. As described in chapter six of *Adventure Coaching: A Guidebook for Anyone in Life and Work* (Gray, 2004), this four quadrant model is a simple way to look at any domain of adventure. You can apply these four quadrants to any adventure domain, whether physical, emotional, cognitive or spiritual. The left side of the quadrant looks at an individual adventure, the right side looks at a group adventure. The top half of the quadrant looks at your awareness of adventure, the bottom side looks at your actions in adventure. Think of this four quadrant model as four ways to approach your adventures.

	Self	Others
Awareness	Self Awareness	Social Awareness
Actions	Self Care	Social Contribution

So, how do you develop skills or competencies in any of these areas? Start by circling those areas with a moderate or high need for attention. Your adventure goal may be to develop some aspect of your self in that way. Thankfully, there are many ways to do so!

Here are some practices in each of these adventure domains. I am sure that you can add some practices of your own. Use these 16 sample practices, small adventures from each quadrant of each domain, to give you an idea of how simple an effective practice can be.

Physical Adventure Practices

Self-Awareness: Notice where you hold tension in your body— such as your jaw, stomach, neck, back, and so forth. Pay attention to your breath, right now – is it shallow or deep? Notice when you find yourself holding your breath, and when you breath in a smooth, continuous way.

Self-Care: For one week, eat nutritious and healthful foods, have caffeine or sugar in minimal amounts, walk or exercise 20 minutes daily, and get a good night’s sleep every night. Journal what results from your adventure.

Social Awareness: Notice what messages you get from the way others present themselves, physically, and how they use their body to express who they are.

Social Contribution: Experiment with different ways that you can physically express your openness and accessibility to others when in conversation. Ask a coach or a friend for some feedback around this.

Emotional Adventure Practices

Self-Awareness: Be aware of when your emotions shift throughout the day. As accurately as possible, notice when you are feeling happy, sad, angry, or fearful.

Self-Care: When you are angry, recognize that you are in that emotion and pause until the anger is no longer controlling you. Then see what difference that makes in what you say and do.

Social Awareness: Notice the emotional impact that others have when you are in the presence of a group. How do their emotions affect yours?

Social Contribution: When someone you know is suffering (with sadness, anger, or fear), notice the impact on their well-being when you are with them in a nonjudgmental and compassionate way. Refrain from trying to fix them or make things better.

Cognitive Adventure Practices

Self Awareness: Notice your internal dialogue when reflecting on your day or life. Is your language appreciative or critical? How does that impact your larger attitude?

Self Care: When feeling hesitant about what others may think about your opinions, speak your views calmly and clearly. Even if it is a struggle to do so, then ask how did speaking in that way affect your sense of intellectual integrity?

Social Awareness: Notice the different responses from people in positions of authority when they speak to others in a well-reasoned manner. What do reason and logic contribute to a group?

Social Contribution: In a conversation, if something disrespectful of a person or group is being expressed, speak up and ask if that was the intention. Let it be known that you are standing witness to the dignity of others. See what difference your witness makes in the integrity of others, and the integrity of the conversation.

Spiritual Adventure Practices

Self Awareness: Notice when you experience a sense of connection and flow with life. What is it that you are grateful about in your life? Make a list and add to it for two weeks. Read over that list every morning for the following week.

Self Care: Take time daily to do whatever helps you feel more harmonious with life—whether through art, music, dance, being in nature, meditating, volunteering to serve others, or some other avenues.

Social Awareness: Be attentive to what kinds of activities build a sense of esprit de corps in groups or organizations. Notice what impact those activities have on the energy and creative power of the people involved.

Social Contribution: In group discussions, experiment with introducing a topic that is important to the well-being of the world community (e.g., international conflict, diversity, AIDS, pollution and so forth). Help moderate diverse views in ways that maintain mutual respect and allow insights for learning. Help others learn to listen and inquire. Then journal about your experience.

So, how can help you pursue your adventure goals?