



CASTLE® Principles Assessment

Instructions

Below are 18 statements you can use to assess how aligned your life is with Dr. Lance Secretan's CASTLE® Principles—Courage, Authenticity, Service, Truthfulness, Love, Effectiveness. For each statement, do the following:

1. If the statement is true for you most of the time, mark "T." If not, mark "F."
2. Then rate the degree of difficulty for you in living this statement truthfully (1=easy, 5=very difficult).

Examples

The first example below indicates a person who does "achieve goals and objectives without sacrificing the other CASTLE® Principles" most of the time (checked "True") and does so with relative ease (rating of 2). Example two shows someone who isn't the same person regardless of the situation he/she is in (checked "False") and finds it very difficult to do this when he/she is successful (rating of 5).

True/False	Statement	Easiest → Hardest				
<input checked="" type="checkbox"/> T <input type="checkbox"/> F	I achieve goals and objectives without sacrificing the other CASTLE® Principles.	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> T <input checked="" type="checkbox"/> F	I am the same person regardless of the situation or company in which I find myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input checked="" type="checkbox"/> 5

Courage

<input type="checkbox"/> T <input type="checkbox"/> F	Even when I feel uncomfortable or scared doing so, I speak my truth.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> T <input type="checkbox"/> F	I welcome other's courageousness even if it contradicts my ideas or "disrupts" things.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> T <input type="checkbox"/> F	I use courage to make the "right" choice over the "easy" alternative.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Authenticity

<input type="checkbox"/> T <input type="checkbox"/> F	I know who I am at my core as well as the masks behind which I sometimes hide.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> T <input type="checkbox"/> F	My life reflects my core values into the world.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> T <input type="checkbox"/> F	I am the same person regardless of the situation or company in which I find myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Service



- T F I ask "How can I serve?" instead of "What's in it for me?" 1 2 3 4 5
- T F I listen and ask questions in order to learn what's needed. 1 2 3 4 5
- T F My service supports others without making them dependent on me. 1 2 3 4 5

Truthfulness

- T F I speak my truth without portraying it as "the truth." 1 2 3 4 5
- T F I do my best to make my truth easy for others to hear. 1 2 3 4 5
- T F I tell the truth as soon as possible when I realize I've been dishonest with someone. 1 2 3 4 5

Love

- T F Even when I disagree with a person, I treat her/him in a loving manner. 1 2 3 4 5
- T F My love for others is evident through both my words and actions. 1 2 3 4 5
- T F I choose to live in a way that spreads love instead of fear. 1 2 3 4 5

Effectiveness

- T F I achieve goals and objectives without sacrificing the other CASTLE® Principles. 1 2 3 4 5
- T F My measures of effectiveness include people and relationships instead of just things and numbers. 1 2 3 4 5
- T F I have a definition of success with which I evaluate my own performance. 1 2 3 4 5

Notes

If you want to make particular note of anything that you discovered, write it below.

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