Rooted & Rising Leadership Inventory

Pilot version 0.9 · 38 statements across seven criteria · the past 30 days · about twelve minutes

Name _____

Date _____

Each statement describes something a leader might do or notice. Thinking only about the past 30 days, rate how true each statement is of you, from 1, not at all true, to 7, completely true. Answer from what actually happened, not from what you intend. There are no right answers, and no one else sees your individual responses. The label beside each statement names the criterion it belongs to, so you can see what the fellowship is looking for.

● 1 Not at all ● 2 Slightly ● 3 Somewhat ● 4 Moderately ● 5 Mostly ● 6 Very ● 7 Completely true

Criteria: ROOTS REGULATION RELATIONSHIP PRACTICE FIELD COHERENCE REFLECTION

			1	2	3	4	5	6	7
1	I could name specific experiences from my life that shaped how I lead today	ROOTS	○	○	○	○	○	○	○
2	I could explain how my identity affects the way others receive my leadership	ROOTS	○	○	○	○	○	○	○
3	When I made a significant decision, I could name the value it served	ROOTS	○	○	○	○	○	○	○
4	I noticed a moment when my history, not the present situation, was driving my reaction	ROOTS	○	○	○	○	○	○	○
5	I could say what I stand for as a leader in a few clear sentences	ROOTS	○	○	○	○	○	○	○
6	When a situation became tense, I noticed what was happening in my body before I responded	REGULATION	○	○	○	○	○	○	○
7	I could name my usual pattern under pressure, such as rescuing, controlling, withdrawing, or over-explaining	REGULATION	○	○	○	○	○	○	○
8	When someone brought strong emotion to me, I stayed present without taking it on as my own	REGULATION	○	○	○	○	○	○	○
9	I used a practice to reset myself before an important conversation	REGULATION	○	○	○	○	○	○	○
10	I protected the rest and renewal my leadership depends on, even when the work was demanding	REGULATION	○	○	○	○	○	○	○
11	People I work with brought me problems early, before they grew	RELATIONSHIP	○	○	○	○	○	○	○
12	I knew what matters to the people I lead beyond their work	RELATIONSHIP	○	○	○	○	○	○	○
13	I said hard things with care, and I followed through instead of letting them drift	RELATIONSHIP	○	○	○	○	○	○	○
14	I asked how my actions affect others, and I changed something because of the answer	RELATIONSHIP	○	○	○	○	○	○	○
15	I noticed when someone agreed with me because of my position rather than because they were convinced	RELATIONSHIP	○	○	○	○	○	○	○
16	I read the mood of a room and adjusted my approach before I spoke	RELATIONSHIP	○	○	○	○	○	○	○
17	I chose when to raise a hard issue, not only whether to raise it	RELATIONSHIP	○	○	○	○	○	○	○
18	I connected our daily work to a future the people I lead care about	PRACTICE	○	○	○	○	○	○	○
19	When I wanted a change, I named the specific behaviors that needed to shift, not only the result	PRACTICE	○	○	○	○	○	○	○
20	I tried a new approach in a small, testable way and learned from what did not work	PRACTICE	○	○	○	○	○	○	○
21	I gave someone a stretch responsibility and supported them through it	PRACTICE	○	○	○	○	○	○	○
22	I recognized someone's contribution specifically, in a way they valued	PRACTICE	○	○	○	○	○	○	○
23	Before I made a decision that affected people with less power than me, I named who would carry its cost	PRACTICE	○	○	○	○	○	○	○
24	I could name who is least likely to feel they belong in my school or organization, and why	FIELD	○	○	○	○	○	○	○
25	I treated the knowledge of students, families, or community members as expertise, not as input to be managed	FIELD	○	○	○	○	○	○	○
26	I changed a practice because it was leaving someone out	FIELD	○	○	○	○	○	○	○
27	I created specific opportunities for the adults around me to learn, try things, and get feedback	FIELD	○	○	○	○	○	○	○
28	I built a practice that other people could carry forward without me	FIELD	○	○	○	○	○	○	○
29	I noticed who was missing when a decision got made, and I did something about it	FIELD	○	○	○	○	○	○	○
30	When my behavior did not match a value I hold, I noticed it and named it, at least to myself	COHERENCE	○	○	○	○	○	○	○
31	The way I led when no one was watching matched the way I led when I was being watched	COHERENCE	○	○	○	○	○	○	○
32	I changed a decision because it did not fit what I say I stand for	COHERENCE	○	○	○	○	○	○	○
33	I could trace a line from something I worked through in myself to a practice I changed for others	COHERENCE	○	○	○	○	○	○	○
34	I adjusted how I used authority or candor based on power, context, and what the relationship could responsibly hold	RELATIONSHIP	○	○	○	○	○	○	○
35	I named the edge of what I knew and invited knowledge I did not have	PRACTICE	○	○	○	○	○	○	○
36	I set aside time to think about how I led, not only what I got done	REFLECTION	○	○	○	○	○	○	○
37	After a hard moment, I asked myself what I did, why, and what I would do differently	REFLECTION	○	○	○	○	○	○	○
38	I used feedback from someone else to change how I see myself as a leader	REFLECTION	○	○	○	○	○	○	○