

LEADERSHIP FRICTION ASSESSMENT™

Where the friction lives — and what it is costing you.

TYPROS EVENT

05 SELF-AWARENESS AS COMPETITIVE EDGE

The leaders who advance fastest at this level are not the ones who know the most. They are the ones who know themselves most clearly. Score how well you know your own wiring.

STATEMENT	CIRCLE ONE
1. I know the specific conditions that bring out my best leadership and I create them deliberately.	1 2 3 4 5
2. I can identify when I am operating from habit versus when I am operating from intention.	1 2 3 4 5
3. I understand how my strengths are creating friction in certain situations, not just producing results.	1 2 3 4 5
4. When I receive candid feedback, I can separate what is true from what is perception, accurately.	1 2 3 4 5
5. I know what I protect in high-pressure moments, and I can name it precisely.	1 2 3 4 5

SECTION SCORE: _____ / 25

YOUR SECTION 05 SCORE:

21–25 — Your self-awareness is sharp. The friction, if it exists, is subtle and easy to miss at this level.

15–20 — You know yourself well in some conditions and lose that clarity under pressure.

9–14 — You're leading more on habit than intention more often than you'd like.

Below 9 — You're carrying more than you can currently see. That's exactly what this was built to change.

This is one of five patterns. Decision Ownership, Signal Clarity, Execution Dependency, and Communication Reach are still unscored. [Want the entire Leadership Friction Self-Assessment- click here.](#)

