

Adrenaline Assessment

Originally designed by Thomas Leonard, Founder of Coach U.

This assessment is designed to determine the extent to which you are hooked on adrenaline for accomplishing things. Check the items that are true for you, and call Coach Susan Hayman for a brief, laser coaching session on how to begin ridding yourself of an adrenaline-focused life.

- ❖ I drink caffeinated coffee or drinks to get or keep me going.
 - ❖ I eat sugar to calm myself down.
 - ❖ I tend to over promise and then rush to get it done at the last minute.
 - ❖ I react strongly to the unexpected.
 - ❖ I find myself getting very upset or irritated when people let me down, miss deadlines or do less-than-optimal work. Sometimes I take it personally.
 - ❖ I arrive at work rushed or already “on”.
 - ❖ I feel an inner rush or lack of stillness or peace much of the time.
 - ❖ I’m the kind of person who tends to find the toughest way to get something done.
 - ❖ I drive more than 5 miles over the speed limit, tailgate, or criticize other drivers.
 - ❖ I tend to run or arrive late, even if it is not my fault.
 - ❖ Money is currently tight and I have been working on getting ahead, but haven’t.
 - ❖ I tend to take on more than I really want because I feel I can.
 - ❖ I talk a lot even after people have stopped listening.
 - ❖ I please people to the point of feeling compulsive, regardless of appropriateness or cost.
 - ❖ I don’t give myself plenty of time during the day for the things that may come up.
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