



This assessment tool accompanies,
*Demolish Your Comfort Zones: 6
Unconventional Practices to Crush Your
Hidden Limitations.*

**Read the book and learn how the 6 Freedom
Mastery Practices can explode your
performance capacity beyond any prior
limits.**

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ARE YOU MAKING YOUR ABSOLUTE BEST EFFORT?

Most people don't consider whether they're giving their best effort in taking the actions required to achieve their heartfelt goals. This unique assessment will empower you to consciously examine if you're giving your absolute best effort in this set of 20 frequently uncomfortable tasks

Instructions: For each item, circle the action among the 3 options that most closely matches what you've done in the past and are most likely to do in the future. To derive huge benefits, be ruthlessly honest with yourself. Item 'd' is for you to give an example that supports your choice of a, b or c.

1. When you are invited to try doing a new and potentially challenging task, you:
 - a. Accept with enthusiasm.
 - b. Accept with qualifications or conditions that define your sense of "reasonable effort."
 - c. Decline to avoid any discomfort.
 - d. Example that supports your answer:

2. When writing your yearly goals, you consider whether any potential goal:
 - a. Connects with your passionate values and life purpose.
 - b. Makes noticeable improvements on compelling goals from prior years.
 - c. Can be done with reasonable effort and little risk of failure.
 - d. Example that supports your answer:

3. When you launch into goal-oriented action, you:
 - a. Keep your promise to take the actions required to achieve your goal.
 - b. Take the actions required to succeed if circumstances work out favorably
 - c. Set wimpy goals to avoid strenuous effort or failure.
 - d. Example that supports your answer:

4. When you attempt to hold people accountable, you:
 - a. Ask questions to help them to compare their immediate payoffs compared to long-term costs from not taking the actions required to succeed.
 - b. Ask them how they are accountable for taking ineffective actions OR tell them how they're accountable for failure to produce desired results.
 - c. Ask for their reasons why their desired results didn't get accomplished.
 - d. Example that supports your answer:

5. When you engage in practice to improve your skill proficiency, you:
 - a. Do uncomfortable practice drills to improve a specific step in the overall performance.
 - b. Do plenty of practice reps but avoid doing uncomfortable practice drills.
 - c. Rarely break a complex skill into a set of steps to practice.
 - d. Example that supports your answer:

6. When you work out in the gym, you:
 - a. Focus on doing exercise movements with proper form and looking to increase weight or repetitions.
 - b. Get exercise movements done with conscious attention to proper form but without increasing weight or repetitions.
 - c. Get exercises done unconsciously. Glance at cell phone. Chit-chat with friends.
 - d. Example that supports your answer:

7. When you acknowledge failures to achieve your desired results, you:
 - a. Develop extremely valuable lessons that you would have never realized if you had been successful.
 - b. Acknowledge unwanted outcomes and make necessary course corrections to enable you to succeed.
 - c. Label yourself a failure and give up on the seemingly impossible goal.
 - d. Example that supports your answer:

8. When you consider attempting to bring up a problem with a team member, you:
 - a. Describe the source of any problem as being disagreement or confusion over goals, roles, and procedures.
 - b. Describe pertinent facts about each occurrence of the problem.
 - c. Avoid potential conflict by allowing the problem to continue.
 - d. Example that supports your answer:

9. When you see a total stranger practicing rigorously and you consider complimenting them for their effort, you:
 - a. Point out specific behaviors in their extraordinary practice drills.
 - b. Share a general compliment about their exerting strong effort in their practice.
 - c. Avoid making a compliment since it might come off as awkward or unwarranted.
 - d. Example that supports your answer:

10. When you realize you need to initiate a phone call to address a lingering problem, you:
 - a. Prepare how you'll go about making your point in a clear, non-blaming style.
 - b. Without pre-call preparation, you launch into communication hoping you'll make your point effectively.
 - c. Stay quiet so the problem doesn't get addressed.
 - d. Example that supports your answer:

11. When you prepare give a speech before a group/audience, you:
 - a. Organize the sequence of your ideas well in advance, practice your speech delivery to get feedback from several colleagues and make improvements.
 - b. Organize the sequence of your ideas well in advance but never practice your speech delivery in front of an audience, even just one person.
 - c. Avoid any type of public speaking, even to a small group.
 - d. Example that supports your answer:

12. When you start to plan goals 5-10 years into the future, you:
 - a. Brainstorm captivating goals and plot the logical timeline of year-to-year results that reflect your priorities.
 - b. Formulate ideas for one year at a time using your time management journal
 - c. Avoid setting long-term goals. Use a to-do list for the week or month ahead.
 - d. Example that supports your answer:

13. When you find yourself stuck in a traditional career path, you:
 - a. Study new career paths and pursue emerging opportunities to identify work experiences where you're more likely to thrive.
 - b. Speak to your boss about ways to enrich your current work experience.
 - c. Hunker down for the long haul in a career that doesn't light you up.
 - d. Example that supports your answer:

14. When you're feeling overloaded with work activities to delegate, you:
 - a. Delegate to someone with the best ability to perform the task, provide necessary training, and offer coaching to get performance to competent standards.
 - b. Delegate to a capable person and do initial training without any follow-up coaching
 - c. Do it yourself.
 - d. Example that supports your answer:

15. When you receive potentially life-changing advice, you:
 - a. Commit to doing what's required to follow the advice
 - b. Scale down the project that emerges in your head so you're not facing unreasonable effort.
 - c. Ignore the advice and dismiss any fire in your belly.
 - d. Example that supports your answer:

16. When you attempt to solve reoccurring problems in your marriage, you:
 - a. Notice major issues and take accountability for your role in causing the problem.
 - b. Be the first to request dialogues to repair small issues, but the more significant problems never get discussed.
 - c. Continue to endure a major problem with the hope it will somehow go away.
 - d. Example that supports your answer:

17. To get rid of your worst habit, you:
 - a. Select your worst habit and devise a plan to make small improvements to deliver steady progress toward a more effective habit.
 - b. Initiate plans for habit changes but not to get rid of your worst habit—NOT YET!
 - c. Contemplate getting rid of your worst habit but continue doing it.
 - d. Example that supports your answer:

18. When you contemplate a difficult task, you don't think you'll do very well, you:
 - a. Raise your attention to figure out the best way to perform the difficult task.
 - b. Find an easier task so you'll at least stay productive.
 - c. Google to find a fun activity to indulge in and avoid the difficulty task.
 - d. Example that supports your answer:

19. When you attempt to achieve life balance, you:
 - a. Prioritize the current appeal of your heartfelt goals.
 - b. Excel in several areas but other areas lag behind--like healthy lifestyle or time with family.
 - c. Give up trying to achieve life balance.
 - d. Example that supports your answer:

20. When you assess your list of yearly goals, the first step you take is:
 - a. Decide if you're just *interested* in accomplishing the goal or fully *committed* to execute the actions required to be successful regardless of the difficulties involved, Drop the goals you're only interested in accomplishing.
 - b. Set priorities assuming all the goals are valuable and should be pursued in the order of priority.
 - c. Brainstorm a list of goals without making any assessment of priorities or the effort you're willing to make to accomplish them.
 - d. Example that supports your answer:

21. When you hear an individual or group blame lousy circumstances for failure to produce desired outcomes, you:
- Establish the norm of zero tolerance for blaming so everyone seizes opportunities to take accountability in response to challenging conditions or unwanted outcomes.
 - Point out individuals blaming their uncomfortable feelings or their lousy circumstances and help them to reframe their situation as an occasion to take extreme accountability to test their abilities and desire to achieve a difficult goal.
 - Permit blaming and rationalizing to go on in your presence.
 - Example that supports your answer:

HOW TO GENERATE THE GREATEST VALUE FROM THIS ASSESSMENT.

You've probably picked up on the pattern in this assessment. In each question, the 3 responses are a=effective, b=okay, and c=ineffective.

Step 1: Review your answers (especially the b + c ratings). For the items you rated "b=okay" and "c=ineffective," write down new behaviors you'll start doing to approach your absolute best effort.

Step 2: Rank order your list of new behaviors to choose the ones you'll do first.

Step 3: Set 2 changes every week to pursue with your absolute best effort.

Step 4: Check your progress on a monthly basis.

