

Evolutionary Progressions

On this page are 100 three-step evolutionary progressions. Read through each of these and fill in the box, diamond, or circle that precedes the 'level' that you are at in each of the 100 areas of life. If the progression does not apply to you, fill in the circle. If you are not sure what a term means, move left until you find a term that you are clear on, and fill in that box or diamond (and, ask your coach). Then, add up your total 'score.' A box is one point, a diamond is worth two points, and a circle will give you three points. Maximum points are 300. Anything above 200 points is very good. Over 250 — Excellent! Check back monthly to update your score. Totally confused? Visit personalevolution.com.

<input type="checkbox"/> Relief	<input type="checkbox"/> Freedom	<input type="checkbox"/> Absence of
<input type="checkbox"/> Appreciation	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Acceptance
<input type="checkbox"/> Do	<input type="checkbox"/> Deliver	<input type="checkbox"/> Accomplish
<input type="checkbox"/> Idea	<input type="checkbox"/> Expression	<input type="checkbox"/> Art
<input type="checkbox"/> Accept	<input type="checkbox"/> Integrate	<input type="checkbox"/> Assimilate

<input type="checkbox"/> Seduction	<input type="checkbox"/> Promotion	<input type="checkbox"/> Attraction
<input type="checkbox"/> Honest	<input type="checkbox"/> Genuine	<input type="checkbox"/> Authentic
<input type="checkbox"/> Revenue	<input type="checkbox"/> Passive Revenue	<input type="checkbox"/> Automated revenue
<input type="checkbox"/> Assumptions	<input type="checkbox"/> Beliefs	<input type="checkbox"/> Believe
<input type="checkbox"/> Pleasure	<input type="checkbox"/> Joy	<input type="checkbox"/> Bliss

<input type="checkbox"/> Movement	<input type="checkbox"/> Improvement	<input type="checkbox"/> Breakthrough
<input type="checkbox"/> Sympathy	<input type="checkbox"/> Empathy	<input type="checkbox"/> Caring
<input type="checkbox"/> Revenue	<input type="checkbox"/> Net profit	<input type="checkbox"/> Cash flow
<input type="checkbox"/> Initiate	<input type="checkbox"/> Generate	<input type="checkbox"/> Cause
<input type="checkbox"/> Cognitive	<input type="checkbox"/> Experiential	<input type="checkbox"/> Cellular learning

<input type="checkbox"/> Morals	◇ Ethics	○ Character
<input type="checkbox"/> Obligation	◇ Responsibility	○ Choice
<input type="checkbox"/> Training	◇ Mentoring	○ Coaching
<input type="checkbox"/> Debate	◇ Discuss	○ Collaborate
<input type="checkbox"/> Vocabulary	◇ Language	○ Communication

<input type="checkbox"/> End	◇ Finish	○ Complete
<input type="checkbox"/> Attentive	◇ Present	○ Connected
<input type="checkbox"/> Knowledge	◇ Awareness	○ Consciousness
<input type="checkbox"/> Competition	◇ Cooperation	○ Coopetition
<input type="checkbox"/> Discover	◇ Synthesize	○ Create

<input type="checkbox"/> Satisfy	◇ Please	○ Delight
<input type="checkbox"/> Want	◇ Commitment	○ Desire
<input type="checkbox"/> Definition	◇ Comparison	○ Distinction
<input type="checkbox"/> Promise	◇ Under-promise	○ Don't promise
<input type="checkbox"/> Efficient	◇ Productive	○ Effective

<input type="checkbox"/> Integrated	◇ Balanced	○ Effortless
<input type="checkbox"/> Flow	◇ Connection	○ Energy
<input type="checkbox"/> Support	◇ Structures	○ Environments
<input type="checkbox"/> Juggle	◇ Balance	○ Equilibrium
<input type="checkbox"/> Time	◇ Space	○ Eternity

<input type="checkbox"/> Grow	◇ Develop	○ Evolve
<input type="checkbox"/> Change	◇ Shift	○ Evolve
<input type="checkbox"/> Help	◇ Assist	○ Expand
<input type="checkbox"/> Product	◇ Service	○ Experience economy
<input type="checkbox"/> Listen	◇ Hear	○ Experience

<input type="checkbox"/> Course	◇ Confidence	○ Fearlessness
<input type="checkbox"/> Integration	◇ Responsiveness	○ Flow
<input type="checkbox"/> Accept	◇ Understand	○ Forgive
<input type="checkbox"/> Product	◇ Brand	○ Franchise
<input type="checkbox"/> Gratification	◇ Satisfaction	○ Fulfillment

<input type="checkbox"/> Listen	◇ Hear	○ Get
<input type="checkbox"/> Understand	◇ Accept	○ Get
<input type="checkbox"/> Style	◇ Refinement	○ Grace
<input type="checkbox"/> Balance	◇ Peace	○ Harmony
<input type="checkbox"/> Wantingness	◇ Deservingness	○ Havingness

<input type="checkbox"/> Know	◇ Feel	○ Inkle
<input type="checkbox"/> Evidence	◇ Intuition	○ Inkling
<input type="checkbox"/> Manager	◇ Guide	○ Inspire
<input type="checkbox"/> Challenged	◇ Motivated	○ Inspired
<input type="checkbox"/> Honesty	◇ Responsibility	○ Integrity

<input type="checkbox"/> Interdependent	◇ Inter-developmental	○ Inter-magical
<input type="checkbox"/> Experiment	◇ Innovate	○ Invent
<input type="checkbox"/> Teaching	◇ Facilitating	○ Learning
<input type="checkbox"/> Acquire info	◇ Study	○ Learn
<input type="checkbox"/> Contribution	◇ Value added	○ Legacy

<input type="checkbox"/> Competent	◇ Expert	○ Master
<input type="checkbox"/> Competence	◇ Expertise	○ Mastery
<input type="checkbox"/> Content	◇ Context	○ Meaning
<input type="checkbox"/> Idea	◇ Opinion	○ Message
<input type="checkbox"/> Intermediate	◇ Advanced	○ Metal level

<input type="checkbox"/> Plan	◇ System	○ Model
<input type="checkbox"/> Want	◇ Focus	○ Occurrence
<input type="checkbox"/> Expense	◇ Investment	○ Opportunity cost
<input type="checkbox"/> S.O.P.	◇ M.O.	○ OS (operating system)
<input type="checkbox"/> React	◇ Respond	○ Over-respond

<input type="checkbox"/> Position	◇ Perspective	○ Paradigm
<input type="checkbox"/> Network	◇ Community	○ Partners
<input type="checkbox"/> Perfectionism	◇ Perfection	○ Perfect
<input type="checkbox"/> Future	◇ Eternity	○ Present
<input type="checkbox"/> Notion	◇ Concept	○ Principle

<input type="checkbox"/> Interesting	<input type="checkbox"/> Intriguing	<input type="checkbox"/> Profound
<input type="checkbox"/> Decide	<input type="checkbox"/> Choose	<input type="checkbox"/> Respond
<input type="checkbox"/> Open	<input type="checkbox"/> Flexible	<input type="checkbox"/> Responsive
<input type="checkbox"/> Egotistical	<input type="checkbox"/> Human	<input type="checkbox"/> Selfish
<input type="checkbox"/> Ego	<input type="checkbox"/> Humanity	<input type="checkbox"/> Self

<input type="checkbox"/> Search	<input type="checkbox"/> Experiment	<input type="checkbox"/> Serendipity
<input type="checkbox"/> Symptom	<input type="checkbox"/> Cause	<input type="checkbox"/> Source
<input type="checkbox"/> Boundaries	<input type="checkbox"/> Requirements	<input type="checkbox"/> Standards
<input type="checkbox"/> Do	<input type="checkbox"/> Be	<input type="checkbox"/> State
<input type="checkbox"/> Assist	<input type="checkbox"/> Empower	<input type="checkbox"/> Strengthen

<input type="checkbox"/> Sufficiency	<input type="checkbox"/> Reserves	<input type="checkbox"/> Super-reserves
<input type="checkbox"/> Timing	<input type="checkbox"/> Positioning	<input type="checkbox"/> Synchronicity
<input type="checkbox"/> Plan	<input type="checkbox"/> Strategy	<input type="checkbox"/> System
<input type="checkbox"/> Improve	<input type="checkbox"/> Reinvent	<input type="checkbox"/> Transform
<input type="checkbox"/> Tangible	<input type="checkbox"/> Intangible	<input type="checkbox"/> Transparent

<input type="checkbox"/> Integrated	<input type="checkbox"/> Automated	<input type="checkbox"/> Transparent
<input type="checkbox"/> Hope	<input type="checkbox"/> Faith	<input type="checkbox"/> Trust
<input type="checkbox"/> Interpretation	<input type="checkbox"/> Reality	<input type="checkbox"/> Truth
<input type="checkbox"/> Facts	<input type="checkbox"/> Context	<input type="checkbox"/> Truth
<input type="checkbox"/> Features	<input type="checkbox"/> Benefits	<input type="checkbox"/> Value

<input type="checkbox"/> Wants	<input type="checkbox"/> Needs	<input type="radio"/> Values
<input type="checkbox"/> CEO	<input type="checkbox"/> Leader	<input type="radio"/> Visionary
<input type="checkbox"/> Purpose	<input type="checkbox"/> Mission	<input type="radio"/> Vision
<input type="checkbox"/> \$ Reserves	<input type="checkbox"/> \$ Fin. Independence	<input type="radio"/> \$ Wealth
<input type="checkbox"/> Information	<input type="checkbox"/> Knowledge	<input type="radio"/> Wisdom