

Charisma & Courage Growth Questionnaire:

Activating Your Gift for Good

Part 1: Presence – Are you fully with others?

1. When in conversation, how often do you feel fully focused without being distracted by your thoughts or phone?
2. How comfortable are you with silence in conversations—allowing space for thought or reflection?
3. Do others often say they feel “heard” or “seen” after talking with you?
4. When someone shares their feelings or ideas, how often do you listen without jumping in with advice or correction?

Part 2: Warmth – Do people feel safe and valued around you?

5. Do you smile genuinely and warmly when greeting others?
6. How frequently do you express appreciation, praise, or affirmation to others?
7. Do people seek you out for comfort, encouragement, or emotional support?
8. When others disagree with you, do you remain calm, curious, and respectful?

Part 3: Power – Do you carry confidence without arrogance?

9. When speaking, do you maintain a grounded tone, appropriate eye contact with the person/audience you are with, and confident body language?
10. Do you share your perspective even when it feels vulnerable or unpopular?
11. Are you comfortable being in leadership or making decisions in high-stakes moments?
12. Do you believe your presence brings value and influence to a room?

Part 4: Neuroscience-Based Courage & Influence

13. When under stress, do you shift into curiosity rather than control or withdrawal?
14. Can you identify when fear is driving your decisions? What do you typically do in those moments?
15. How often do you choose to take small courageous actions, even if you feel discomfort?
16. Do you focus more on being liked—or being true to your values and vision?

Part 5: Reflection & Action

17. In what types of situations do you feel most charismatic, present, or impactful?
18. What’s one area—presence, warmth, or power—you’d like to grow in, and why?
19. Who in your life models a healthy, courageous charisma? What can you learn from them?
20. What’s one courageous or influential action you could take this week?