

Youth Leadership & Life planning

I L I  
LEADERSHIP ASSESSMENT  
WORKSHOP

Life Planning and Self-Coaching

Live your life on purpose!

Economics

Health

POLITICS

Come All

- > SELF-REALIZATION & INTERNALIZATION
- > THROUGH
- > VISUALIZATION

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## Purpose

Welcome to the ILI Leadership Assessment Workshop, an integral part of our journey towards personal and professional excellence. This workshop is a transformative experience designed to offer you profound insights into your own leadership and decision-making abilities. Through a series of thoughtfully curated questions, you will engage in deep self-reflection, assessing your skills and identifying areas for growth.

At the outset of this program, the workshop invites you to rate your leadership capabilities on a scale from 1 to 10. This initial assessment serves as a baseline, helping you to understand your starting point. As you embark on this exploratory journey, we encourage you to be as honest and introspective as possible. Remember, this is not about achieving perfection but about recognizing your strengths and acknowledging opportunities for improvement.

As you progress through the program, you will be exposed to a wealth of knowledge, strategies, and experiences designed to enhance your leadership skills. This process of continuous learning and self-improvement is central to our ethos at the Metrovoice Youth Entrepreneurs Program, Inc.

After 120 days of engaging with the program's content, participating in activities, and applying what you've learned, you will revisit the Leadership Assessment Workshop. This second assessment offers you a unique opportunity to measure your growth, reflect on your journey, and set new goals for the future.

This workshop is more than just an assessment; it's a commitment to your personal development and a step towards realizing your potential as a leader. We are excited to embark on this journey with you and look forward to seeing the remarkable growth you will achieve. Welcome to the ILI Leadership Assessment Workshop – your path to becoming a more effective, insightful, and empowered leader.

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## MYEPI personal assessment workshop & forum

### **Forum Format**

- A. YouTube/ Article analysis**
- B. Assessment**
- C. Discussion**



## Start: Les Brown clip (Step into Your Greatness)

(25 minutes for clip)

### Section 1: Personal Interest (1:hr with short discussion)

This section will ascertain your interests and what you are good at.

1. List 5 areas that are your strongest interests, explain why, and give examples.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. List 5 things you are good at and explain why you think so. Give examples.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. List 5 things you need improvement in and give examples of how to improve.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## MYEPI personal assessment workshop & forum

1. Rate the list below as it is important to you.
2. Add other committees/focus group you wish to participate in!

#	Committees & Focus Groups	Rate
1	Health & Wellness	
2	Economic/Entrepreneurship	
3	News & Information	
4	Communication & Media	
5	Political Engagement	
6	Self-Realization & Personal Development	
7	Community/Local Issues	
8	National/International Issues	
9		
10		
11		

### Section 1 Discussion - Group

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**Section 2: Self-Assessment** (0:46hr with short discussion)

This section ascertains your level of self-responsibility and independent thinking.

1. I am capable of taking full and independent charge of myself.  
1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_  
Disagree Strongly Agree

**Explain why you give yourself this rating:**

2. I have a sufficient level of self-esteem and a healthy degree of optimism, tempered perhaps by some skepticism, but never cynicism.  
1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_  
Disagree Strongly Agree

**Explain why you give yourself this rating:**

3. I can distinguish between self-blame and self-responsibility.  
1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_  
Disagree Strongly Agree

**Explain why you give yourself this rating:**

4. I have a sense that, to a great extent, I can control my own destiny.  
1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_  
Disagree Strongly Agree

**Explain why you give yourself this rating:**

5. I have an ambitious game plan for having an outstanding personal and professional life that doesn't depend on sheer luck.  
1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_ 7.\_\_\_\_ 8.\_\_\_\_ 9.\_\_\_\_ 10.\_\_\_\_  
Disagree Strongly Agree

**Explain why you give yourself this rating:**

6. I have successfully overcome at least one serious setback in life.



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1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

7. I take full responsibility for all my in-class and home performances.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

8. I fully appreciate the fact that I and I alone, choose all of my thoughts.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

9. I appreciate the value of "pausing" in order to break any self-defeating mind-set that is getting in the way of my optimal performance.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

10. I understand that my emotional state is a direct result of the thoughts I choose.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

11. I know how to systematically choose, consciously and subconsciously, if need be, effective (useful, performance-improving) thoughts.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree



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**Explain why you give yourself this rating:**

12. I know how to figure out a useful performance-enhancing thought whenever I want to improve my job performance.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

13. I know how to use creative negative thinking to my own advantage when conditions warrant it.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

14. I know how to use plan C (Closure) to rapidly work through any setback or failure I might experience at school, church, or home.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

15. I know how to enhance my thought-choosing powers by using Plan A (Aggravation), making a thing seem worse so that I can use free will to make it get better.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**

16. I know how to reprogram my own subconscious, if necessary, using plan B (Branding), a form of rapid self-hypnosis.

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_

Disagree

Strongly Agree

**Explain why you give yourself this rating:**





## MYEPI personal assessment workshop & forum

### Section 2 Discussion Group

### Section 3: MetroVoice Youth Pledge (0:61hr with short discussion)

1. I will fully appreciate the power of the self-responsibility imperative and use it whenever appropriate.

Describe what this statement means to you.

2. I will be realistic, not merely reasonable.

Describe what this statement means to you.

3. I believe that I am a decision maker.

Describe what this statement means to you.

4. I will aim to be a high performer in life, but never at the expense of any other person.

Describe what this statement means to you.

5. I have in my mind a battery of effective thoughts that I can choose any time to upgrade any aspect of my personal performance.

Describe what this statement means to you.

6. I can readily distinguish an effective (or useful) thought from one that may be “correct” but not especially useful or effective.



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Describe what this statement means to you.

7. I appreciate the difference between effective positive thinking and unrealistic positive thinking.

Describe what this statement means to you.

8. I am not responsible for everything that is going on in this world, but I do believe that I am fully responsible for my own personal performance ---every day.

Describe what this statement means to you.

9. I am ultimately responsible for everything that is going on in my own head. I don't blame other persons, places, or things for thoughts I choose to use.

Describe what this statement means to you.

10. I am a system thinker.

Describe what this statement means to you.

11. I am very conscious of my health; therefore, I will watch what I eat, and I will exercise.

Describe what this statement means to you.

12. I am politically active, and I am up-to-date on all political issues, locally, nationally, and internationally.



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Describe what this statement means to you.

13. I am spiritually grounded; therefore, I treat others, as I like to be treated.

Describe what this statement means to you.

14. I am a very active person and belong to several organizations or clubs.

Describe what this statement means to you.

15. I would encourage other youth to join a program such as M-YEPI.

Describe what this statement means to you.

### Section 3 Discussion Group

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### Section 4: Daily Affirmation (0:55)

Describe how you feel when you read the affirmations below and describe what the meaning is to you.

I AM...

I AM \_\_\_\_\_.

I AM ONE WITH GOD IN SPIRIT.

I AM ONE WITH UNITY.

I AM ONE WITH OBEDIENCE.

I AM ONE WITH DISCIPLINE.

I AM ONE WITH DILIGENCE.

I AM ACTIVELY AWARE.

I AM ENGAGED IN MY JOURNEY OF SUCCESS.

I AM THE END RESULT OF MY SUCCESS.

I AM AS I THINK MYSELF TO BE.

I AM ABLE.

I AM READY.

I AM A SUCCESS.



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I AM.

I WILL...

I WILL FOLLOW WISDOM.

I WILL SET CLEARLY OUTLINED GOALS.

I WILL FOLLOW MY "WINNING LIFE GAME PLAN" TO ACHIEVE MY GOALS.

I WILL BE A SUCCESS.

I WILL HUMBLE MYSELF.

I WILL HELP OTHERS.

I HAVE...

I HAVE UNDERSTANDING.

I HAVE TRUTH.

I HAVE A PURPOSE.

I HAVE THE ABILITY TO ACHIEVE MY GOALS.

I HAVE EVERYTHING I NEED TO SUCCEED INSIDE OF ME.

I HAVE A WEALTH OF RICHES IN WISDOM, KNOWLEDGE, & UNDERSTANDING.

I HAVE SUCCEEDED.

I HAVE.

I ACCEPT...

I ACCEPT THAT FAILURE IS NOT AN OPTION.

I ACCEPT LIFE'S CHALLENGES.

I ACCEPT MY RESPONSIBILITY IN LIFE AS PART OF A UNIVERSAL COMMUNITY.

I ACCEPT.



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I EMBRACE...  
I EMBRACE SACRIFICE TO INACT POSITIVE CHANGE.  
I EMBRACE SUCCESS.  
I EMBRACE MY JOURNEY.  
I EMBRACE MY DESTINY.  
I EMBRACE.

### Section 4 Discussion Group

#### **Section 5: Financial Issues (0.40 hr with short discussion)**

A Case Discussion

##### *A. Problem*

The African American Community does not have a viable economic base. By almost every economic indicator African Americans lag far behind the majority group. We have a crisis on our hands. We must make significant changes in our financial behavior. If we don't, this problem will become worse and doom us to economic slavery for generations to come. We must provide our children with better financial building blocks, not additional roadblocks.

##### *B. Discussion*

All of us must play this money game. No matter what our occupations, backgrounds, race, ethnicity, personality, or present financial status may be, we are players. "We are either investing all of our wealth in today's goods and services or we are reserving a portion of it to invest in tomorrow's goods and services. We do not have the choice of whether or not we will play". Just being in this world makes us players. "But we do have the choice of how we will play. The wisdom we bring to bear on these choices will have a greater influence on our financial future (individually and collectively) than the actual amount of money that comes our way. We can be informed players or ignorant players. It is within our power to develop the skills and knowledge needed to become informed consumers.

There are many reasons why Americans, and especially African- Americans, have money *and* financial problems. How would you rate the following as a cause of financial problems?



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Explain why and how you would change it.

<i>Rate 1 through 15 in order of most important issue to be addressed and so on(as to why people are not more financially successful)</i>			
	<b>Issues</b>	<b>Rate 1-15</b>	<b>Do you agree or disagree: Explain</b>
1	Failing to develop a winning attitude		
2	Failing to develop a written financial plan		
3	Lack of knowledge		
4	Debt		
5	Bad investments		
6	Procrastination		
7	Income		
8	Asset Accumulation		
9	Business Ownership		
10	Spending habits		
11	miscellaneous Factors		
12	Generational Asset Accumulation		
13	Education		
14	Health		
15	Support Within the Community		