



LIVING ABOVE  
THE LEVEL OF  
MEDIOCRITY

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WORKBOOK



# Consider This!

“Mediocrity is a silent rebellion against potential. The enemy of greatness isn’t failure; it’s comfort.”

*Dr. Jonathan Patterson*

Certified Executive Leadership Coach, ***Lion Lab Solutions***



**LION  
LAB**

Living Above the Level of Mediocrity  
Leadership Self-Assessment Workbook

Rate each statement from 1–5

1 = Strongly Disagree • 5 = Strongly Agree

Reflect prayerfully and record insights below.

SECTION 1: WORK & EXECUTION

1. I often start projects strong but struggle to finish them. 1 2 3 4 5
2. I'm content with "good enough" rather than pursuing mastery. 1 2 3 4 5
3. I avoid taking initiative unless someone pushes me. 1 2 3 4 5
4. I wait for direction instead of thinking strategically. 1 2 3 4 5
5. I treat deadlines as flexible instead of sacred. 1 2 3 4 5
6. I resist accountability or correction when it challenges me. 1 2 3 4 5
7. I'm reactive more than proactive. 1 2 3 4 5
8. I've normalized disorganization as "just my personality." 1 2 3 4 5

Reflection: What one change could I make this month to raise my excellence at work?

SECTION 2: SELF & PERSONAL DEVELOPMENT

1. I have no consistent rhythm for prayer, study, or rest. 1 2 3 4 5
2. I talk more about growth than I actually invest in it. 1 2 3 4 5
3. I compare my progress to others instead of my own potential. 1 2 3 4 5
4. I let discouragement stop me instead of stretching me. 1 2 3 4 5
5. I've made peace with patterns that once convicted me. 1 2 3 4 5
6. I'm often too busy to reflect, journal, or plan. 1 2 3 4 5
7. I struggle with discipline in small daily habits. 1 2 3 4 5

SECTION 2: SELF & PERSONAL DEVELOPMENT (cont.)

8. I rarely celebrate wins or evaluate losses. 1 2 3 4 5

**Reflection:** Where have I chosen comfort over calling?

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SECTION 3: MINISTRY & CALLING

1. I treat ministry assignments as routine instead of sacred. 1 2 3 4 5

2. I'm more focused on being seen than being sent. 1 2 3 4 5

3. I recycle old oil instead of seeking new revelation. 1 2 3 4 5

4. I only prepare spiritually when I have to lead publicly. 1 2 3 4 5

5. I neglect spiritual formation while focusing on function. 1 2 3 4 5

6. I equate busy ministry with fruitful ministry. 1 2 3 4 5

7. I've lowered my standard to fit others' comfort. 1 2 3 4 5

8. I seldom ask the Holy Spirit to search my motives. 1 2 3 4 5

Reflection: Am I operating from intimacy or industry?

SECTION 4: RELATIONSHIPS & LEADERSHIP CULTURE

1. I only support others when it benefits me. 1 2 3 4 5

2. I secretly resent others' success. 1 2 3 4 5

3. I disengage when I'm not in charge. 1 2 3 4 5

4. I tolerate gossip, excuses, or negativity. 1 2 3 4 5

SECTION 4 — RELATIONSHIPS & LEADERSHIP CULTURE (cont.)

- 5: I avoid hard conversations that require honesty. 1 2 3 4 5
- 6: I lead people to myself instead of Christ. 1 2 3 4 5
- 7: I don't make time to mentor or pour into others. 1 2 3 4 5
- 8: I value being liked more than being effective. 1 2 3 4 5

**Reflection** — How does mediocrity show up in how I handle people, power, and pressure?

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SECTION 5 — PERSONAL STANDARDS & STEWARDSHIP

- 1: Do I do just enough to get by? 1 2 3 4 5
- 2: I maintain cleanliness and order in my home without reminders. 1 2 3 4 5
- 3: I take pride in my surroundings and environment. 1 2 3 4 5
- 4: I keep my car (or workspace) in a way that reflects stewardship and discipline. 1 2 3 4 5
- 5: I plan my finances, meals, or personal goals intentionally. 1 2 3 4 5
- 6: I manage my time like a steward, not an owner. 1 2 3 4 5
- 7: I see excellence as worship, not perfectionism. 1 2 3 4 5
- 8: I avoid procrastination and excuses in daily living. 1 2 3 4 5

**Reflection:** What does my stewardship say about my standards?

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SECTION 6 — RELATIONSHIPS & CIRCLE OF INFLUENCE

- 1: My circle of friends are high-achievers and purpose-driven. 1 2 3 4 5

SECTION 6: RELATIONSHIPS & CIRCLE OF INFLUENCE (cont.)

2: I step away from gossip, negativity, and lazy energy. 1 2 3 4 5

3: I seek growth-minded accountability. 1 2 3 4 5

4: I honor those who call me higher. 1 2 3 4 5

5: I invest in the hungry and teachable. 1 2 3 4 5

6: I mentor and coach for excellence. 1 2 3 4 5

7: I resolve conflict with maturity and grace. 1 2 3 4 5

8: I am becoming who I'm with—intentionally. 1 2 3 4 5

**Reflection:** Is my circle my comfort zone or my calling zone?

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SECTION 7: CONSISTENCY & COMPLETION

1: I complete what I start, even when it's inconvenient. 1 2 3 4 5

2: I finish with excellence, not just done. 1 2 3 4 5

3: I don't make promises I can't keep. 1 2 3 4 5

4: I keep a visible plan for accountability. 1 2 3 4 5

5: I review unfinished goals and complete them. 1 2 3 4 5

6: I don't let emotional fatigue sabotage discipline. 1 2 3 4 5

7: I'm known for reliability and follow-through. 1 2 3 4 5

8: I celebrate completion, not just initiation. 1 2 3 4 5

**Reflection:** What does my completion pattern say about my maturity?

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## ***Score Bands***

160–200 | Culture of Excellence — You model life above mediocrity.

120–159 | Growth in Motion — Consistency is growing; keep the pressure.

80–119 | Mediocre Mindset — Awareness is starting; add accountability.

Below 80 | Stagnation — Comfort and chaos feel normal; seek renewal.

## ***Reflect***

- Where is God inviting me to raise the standard?
- Who will hold me accountable for transformation?
- What does “above mediocrity” look like right now?