

The Post-Success Syndrome Assessment

5 minutes to discover where you are in your journey beyond success

Instructions: Rate each statement from 1 (never) to 5 (always) based on your experience over the past 6 months.

Section A: Performance Exhaustion

- I feel like I'm playing a role rather than being myself
- My achievements feel hollow despite external validation
- I'm tired of being "on" all the time
- Success feels more like a burden than a blessing
- I wonder "is this it?" despite having everything

Section B: Identity Confusion

- I don't know who I am outside my professional role
- My sense of worth is tied to my net worth
- I fear being ordinary or irrelevant
- I struggle to answer "what do you do?" in retirement/transition
- My identity feels lost without my title or company

Section C: Relationship Patterns

- My relationships feel increasingly transactional
- I struggle to connect with people who knew me "before"
- Family members feel like strangers
- I'm lonely despite being surrounded by people
- Authentic vulnerability feels dangerous

Section D: Purpose Void

- I've achieved my goals but feel directionless
- Making money has lost its meaning
- I'm searching for significance beyond success
- Nothing excites me like building my business did
- I feel guilty about not feeling grateful

Section E: Transition Resistance

- I keep creating problems to solve because I need the stimulation
- Slowing down feels like dying

- I judge others who are "just being" instead of doing
 - Rest feels like laziness
 - I fear I'll lose my edge if I stop pushing
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Scoring Your Assessment

20-40 Points: Early Awareness You're beginning to sense that success isn't the complete answer. The questioning has started, but your performance armor is still largely intact. This is the perfect time to explore what's next before the discomfort intensifies.

41-60 Points: Active Tension

You're living in the gap between who you've been and who you're becoming. The old ways aren't working, but the new way isn't clear yet. You need structured support to navigate this transition.

61-80 Points: Critical Transition You're ready for deep work. The performance is exhausting you, and you know something has to change. This is the optimal time for transformation - you're motivated but not yet in crisis.

81-100 Points: Urgent Transformation You're in crisis or breakthrough territory. The old identity is crumbling. Without support, this can lead to poor decisions or prolonged suffering. With guidance, it's the gateway to profound reinvention.

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