



# The **CTRL** Model

## Assessment

### Introduction

This report is your mirror to mindset maturity which helps you to orientate, not rank yourself.

Name:

Date:

### Contact

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## Your Results: Overview

Your current State is...

Representing the character...

Your Notes:



## Frequency Overview

Your chart looks like this...

How this shows up is...





## Sequence Overview

What the way you responded to each situation means...

Your Notes:



The **CTRL** Model

Assessment for

# Theme

Your Notes:





## Working with / for others

Your Notes:



## Tips

## Potential Next Actions

How will you make these a reality?

Notes:





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