



THE FUTURE READY NETWORK

Learn. Implement. Grow. Lead.

SELF-ASSESSMENT

The Future Ready Self-Assessment

A 25-question diagnostic to measure where you are — and the one move that takes you to the next stage.

Future Ready Self-Assessment

A 25-question diagnostic across five pillars: AI Literacy, Digital Skills, Adaptability, Leadership, and Implementation. Score yourself honestly — this is your private baseline. Re-take it every 90 days to track growth.

How to score

Rate each statement 1–5: **1** = Not at all, **2** = Rarely, **3** = Sometimes, **4** = Often, **5** = Consistently. Add your totals at the end and use the scoring key to find your stage.

Pillar 1 — AI Literacy	Score (1–5)
1. I can clearly explain what generative AI is and how large language models work.	
2. I use at least one AI tool (e.g., ChatGPT, Claude, Gemini) every week.	
3. I can write a prompt that produces a useful, on-target result on the first try.	
4. I understand the risks of AI: hallucination, bias, privacy, and IP.	
5. I can identify two tasks in my life or work I could safely automate with AI today.	
Pillar total	

Pillar 2 — Digital Skills	Score (1–5)
1. I am comfortable learning a new digital tool without formal training.	
2. I can organize files, data, and information so I can find anything in under 60 seconds.	
3. I use cloud collaboration tools (Docs, Slack, Notion, etc.) fluently.	
4. I can read a simple data chart and draw a useful conclusion from it.	
5. I protect my accounts with strong passwords and multi-factor authentication.	
Pillar total	

Pillar 3 — Adaptability	Score (1-5)
1. When something changes at work, I move forward without waiting to be told how.	
2. I actively seek out new skills before my current ones become obsolete.	
3. I have learned and applied something new in the last 30 days.	
4. I view setbacks as feedback rather than failure.	
5. I can describe how my industry will likely change in the next three years.	
Pillar total	

Pillar 4 — Leadership & Influence	Score (1-5)
1. People around me ask me for guidance on technology or change.	
2. I can explain a complex idea to a non-expert in under two minutes.	
3. I create space for others to share ideas, even when they disagree with me.	
4. I have mentored or coached at least one person in the last six months.	
5. I take responsibility for outcomes, not just effort.	
Pillar total	

Pillar 5 — Implementation	Score (1-5)
1. I finish what I start — projects don't sit in 'in progress' for months.	
2. I break big goals into weekly actions with a clear next step.	
3. I measure results, not just activity.	
4. I have a system (calendar, tracker, journal) that I actually use.	
5. I have shipped something — a course, product, service, or initiative — in the last year.	
Pillar total	

Your Future Ready Score

Add your five pillar totals together (out of 125). Use the key below to find your current stage and your next move.

Total Score	Stage	Your Next Move
25 – 50	Awakening	Start with one AI tool, one new skill, and one weekly learning hour.
51 – 75	Building	Pick a pillar at 2–3 and commit to a 30-day focus sprint.
76 – 100	Accelerating	Begin teaching what you know. Mentorship locks in mastery.
101 – 125	Leading	Build the system or community that brings others with you.

Your 90-Day Commitment

Write one sentence: *In the next 90 days I will become future ready by _____*. Re-take this assessment on day 90 and notice what shifted.