CAPACITY INDEX

THE DISCERNMENT PATH®

DCI

Purpose

Discernment does not announce itself. Most leaders find out they were operating on autopilot after the damage is done, not before.

The Discernment Capacity Index (DCI) is a two-minute self-check, not a clinical or validated psychometric instrument. Use it to find out where you are likely running automatic, so you know exactly where to start on **The Discernment Path®.**

Rate Yourself

Bring a specific recent moment to mind for each item. Score the actual moment, rather than the person you think you are. If you cannot recall one, that is information too. Score it low.

1 **Create Space.** Think of the last time you felt rushed, frustrated, defensive, or certain you were right. How much space was there before you responded?

1 = None. I reacted before really examining my response.

5 = I noticed my reaction, created space, and gave myself time to see more before responding.

CIRCLE YOUR SCORE

1 2 3 4 5

2 **Know Yourself.** Recall a recent tense moment or important moment. Before you acted, how clearly could you identify what you were feeling, assuming, wanting, or trying to protect?

1 = I didn't recognize what was driving me until later, if at all.

5 = I could identify what I was bringing into the moment before it drove my response.

CIRCLE YOUR SCORE

1 2 3 4 5

3 **Notice More.** Think of a recent situation where something felt different, uncertain, or slightly off. How well did you notice the signals beneath the obvious, in other people or the situation around you?

1 = I recognized the signals only afterward, or missed them completely.

5 = I noticed them in the moment and became curious about what they might be telling me.

CIRCLE YOUR SCORE

1 2 3 4 5

4 **Check the Mirror.** Think of a recent moment when you strongly wanted a particular outcome. How honestly did you examine what was driving you: what was right, or your need to be right, be liked, stay in control, or avoid discomfort?

1 = I didn't question what was driving me, or wasn't willing to look honestly.

5 = I examined my motives honestly, even when I didn't like what I found.

CIRCLE YOUR SCORE

1 2 3 4 5

5 **Check Your First Read.** Think of a recent time someone's behavior or a situation surprised, frustrated, or confused you. Before deciding what it meant, how seriously did you consider that your first explanation might be wrong?

1 = My first explanation quickly became the answer.

5 = I deliberately looked for another explanation, missing information, or evidence that could change my interpretation.

CIRCLE YOUR SCORE

1 2 3 4 5

6 **Choose With Courage.** Think of a recent moment when what you noticed challenged your original plan, assumption, or instinct. How willing were you to change direction because of what you were seeing, sensing, or learning?

1 = I stayed with my original direction without seriously reconsidering it.

5 = I was willing to change my response or direction when what I noticed gave me good reason to.

CIRCLE YOUR SCORE

1 2 3 4 5

Your Score

Add your scores. Total possible = 30. MY DCI: ____ / 30

DCI Score	Interpretation	Start Here
6–11	**Low.** You are leading almost entirely on autopilot.	**Go Manual: Pause moves.** Practice daily for two weeks.
12–17	**Emerging.** Clarity shows up in flashes, but there is no consistent practice.	**Go Manual: Reset moves.** Build the habit before adding more.
18–23	**Developing.** You are tuning in and choosing better most of the time.	**Go Manual: Widen and Prepare.** Sharpen what is already working.
24–30	**High.** You are leading with insight, intention, and timing.	**Teach it. Retake quarterly.** Stress and fatigue erode this fast.

One More Question **(Unscored)**

After interactions with you, do people usually leave clearer, more committed, and more aligned?

You cannot fully answer this yourself. This is evidence, not a score. If you want the real answer, ask someone who reports to you or works closely with you.

KEEP BUILDING YOUR DISCERNMENT

Scan for The Discernment Path® and its resources.
Use Go Manual to put your next step into practice.

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