

How Aware Are You of Your Intelligence-Will Loop?

A quick self-assessment

The Long Horizon Framework

When we pursue important long-term goals, the way our thinking and motivation interact can either support us or quietly create friction. This short diagnostic helps you see where you stand.

Rate each statement from **1 (Rarely)** to **5 (Very Often)** based on how it applies to your most important long-horizon goals right now.

1. When working toward an important long-term goal, I spend a lot of time thinking about potential problems and downsides before taking action.
2. I notice myself adding more and more requirements or “shoulds” to a goal until it starts to feel overwhelming.
3. I avoid or delay taking concrete steps because I want more certainty or a more complete plan first.
4. When new information suggests I should change direction, I find it difficult to revise my plans without feeling like I’m failing or giving something up.
5. I can vividly imagine how bad a particular outcome might feel, even when I haven’t experienced anything like it yet.
6. My motivation feels stronger when I’m calm and clear-headed, and weaker when I’m stressed or emotionally reactive.
7. I sometimes keep pushing on a path even when part of me suspects it’s no longer the best use of my time and energy.
8. I have a clear sense of the real trade-offs (time, energy, relationships, identity) involved in my most important goals.

Reflective question (optional):

When you think about your most important long-term goal right now, what is one thing your thinking or motivation might be making harder than it needs to be?

Scoring

Add up your scores from questions 1–8.

- **High Awareness: 36–40**

You already have strong visibility into how your thinking and motivation interact. You likely catch many friction points early.

- **Moderate Awareness: 25–35**

You have good instincts in some areas, but you still experience noticeable drag or hesitation on important goals.

- **Developing Awareness: Below 25**

Your thinking and motivation are probably creating more friction than you realize. This is very common — and very fixable with greater awareness.

What This Means + Next Step

Your score is not a judgment. It's simply information.

If you scored in the **Moderate** or **Developing** range, the patterns described in this assessment are likely costing you time, energy, and momentum on goals that matter. The full *Intelligence-Will Loop* chapter goes much deeper into these dynamics and gives you practical tools to work with them more skillfully.

You can find it (along with the Life and Career Frameworks) at thelonghorizon.io.

Small improvements in how you work with your own intelligence and will compound dramatically over long time horizons. This diagnostic is just the first step.