



# The 5-Minute Leadership Clarity Scan

**A simple, evidence-based tool to help you understand what's draining your clarity and what to do next.**



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## **How to Use this scanner**

*This quick self-assessment helps you understand your current leadership rhythm. Your pace, your mental load, and the pressures shaping your week. It takes less than five minutes and gives you a clear sense of where clarity is being lost.*

### **Instructions:**

*Rate each statement from **1–5***

*1 = Not true for me*

*2 = Occasionally true*

*3 = Sometimes true*

*4 = Often true*

*5 = Very true for me*



# The Clarity Scan

## Section A — Pace & Pressure

I often feel like I'm moving too quickly to think clearly.

I switch between tasks or roles so often that it's hard to stay focused.

I regularly carry unresolved tasks or decisions in my head.

## Section B-Mental Noise

I find myself overthinking or replaying conversations.

I struggle to prioritise because everything feels important.

I feel mentally "full" even when the workload is manageable.

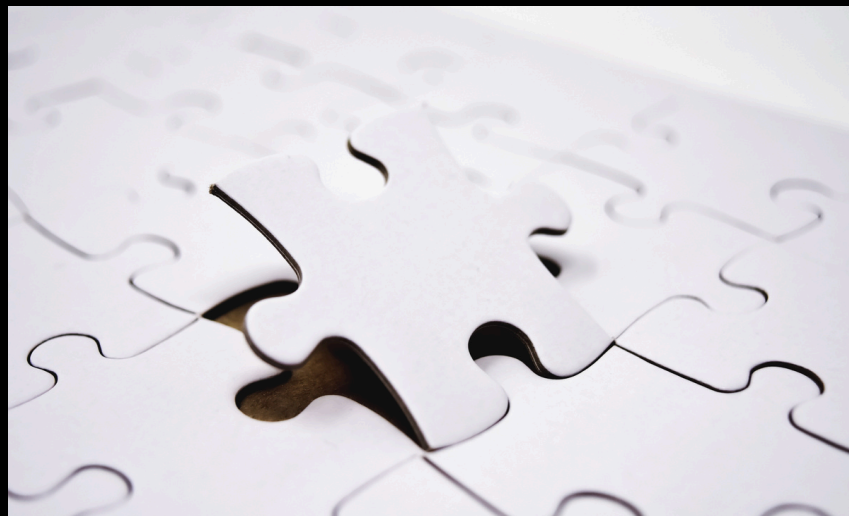
### Section C – Leadership Load

I'm holding things for other people that aren't fully mine.

I make decisions reactively rather than intentionally.

I rarely have protected time to think, plan, or reflect.

I end the week feeling like I've been busy, but not always effective.



Add up your total score out of 50.

# Understanding Your Score

## **0–15 — Clear & Grounded**

You have a strong leadership rhythm. Your pace supports your clarity, and you're managing cognitive load well. Focus on maintaining what works.

## **16–30 — Some Noise, Some Clarity**

You're steady overall, but there are pockets of friction. A few small shifts could make your week feel noticeably lighter.

## **31–40 — High Cognitive Load**

Your mental inbox is full. You're carrying too many open loops or switching contexts too often. A rhythm reset will make a big difference.

## **41–50 — Running Beyond Capacity**

You're likely operating in reactive mode. Nothing is wrong with you. Your system is simply over capacity. You need space, structure, and support to reset.

# A Moment of Reflection



What's one thing this scan has shown me about my current leadership rhythm?

# If This Scan Resonated...

The Clarity Sprint is a 4-week leadership reset designed to help you reduce mental noise, reset your pace, and build a sustainable weekly rhythm that supports your work and wellbeing.

If you'd like to go deeper, you're warmly invited to join the next Sprint.

[www.longruncoaching.com/claritysprint](http://www.longruncoaching.com/claritysprint)

No pressure. No hard sell. Just an invitation if it feels right.