Knowing–Doing Gap Assessment

Use a 1–5 scale for each statement, from Strongly Disagree (1) to Strongly Agree (5). Once all ten statements are answered, review your overall alignment score and your profile across five dimensions: Clarity and Priorities, Well-Being and Boundaries, Purpose and Direction, Change Readiness, and Accountability and Action.

Email: _____

1. I am clear about what matters most to me right now.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

2. My daily actions align with my priorities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

3. I regularly make time for my own well-being.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

4. I have healthy boundaries around my responsibilities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

5. I feel connected to a meaningful personal or professional purpose.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

6. I have a clear vision for the next chapter of my life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

7. I feel confident making decisions about change.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

8. I have practical systems that support my goals.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

9. I follow through on commitments I make to myself.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

10. I know what first step I need to take to move forward.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 (Strongly Disagree → Strongly Agree)

Your Knowing–Doing Gap: A Starting Point for Growth

Your assessment results provide a snapshot of how you currently perceive the alignment between your priorities, your intentions, and your actions.

The purpose of this assessment is not to judge where you are, but to help you recognize where greater awareness, stronger systems, clearer decisions, or more intentional action may help you move forward.

The most important question is not simply what you know. It is what you are willing to do with what you know.

As you review your results, identify one area that deserves your attention and one meaningful action you can begin taking.

At Gap Resolution Coaching, we believe growth occurs when awareness leads to alignment, alignment leads to accountability, and accountability produces intentional action.

Know Better. Align Better. Act Intentionally. Grow Into Your Greatest.

Email your completed assessment to

markhudson@gapresolutioncoach.com

For your Knowing-Doing Gap Assessment Guide

GAP RESOLUTION COACHING

Knowing–Doing Gap Assessment

Interpretation Bands & Coaching Reflections

Know better. Align better. Act intentionally. Grow into your greatest.

The interpretation bands emphasize the relationship between what individuals know, what they intend to do, and what they consistently put into action.

Overall Score	Knowing–Doing Gap Interpretation	Coaching Focus	How Coaching Helps Narrow the Gap
10–24	Wide Knowing–Doing Gap Significant disconnect between awareness, intentions, priorities, and consistent action.	Build awareness, clarify priorities, and identify barriers to action.	Coaching helps individuals recognize what's keeping them stuck and turn awareness into manageable first steps.
25–39	Narrowing the Knowing–Doing Gap Awareness and intentions are developing into action, but follow-through remains inconsistent.	Strengthen habits, establish systems, and increase accountability.	Coaching helps individuals move beyond knowing what to do by building consistency, confidence, and intentional action.
40–50	Bridging the Knowing–Doing Gap Strong self-reported alignment between priorities, intentions, and actions, with opportunities for continued growth.	Sustain progress, refine effective habits, and pursue new goals.	Coaching helps individuals maintain momentum, strengthen accountability, and turn consistent action into sustainable growth.

Five Dimensions of the Knowing–Doing Gap

Each dimension combines two questions (score range: 2–10). These results show where clients perceive the greatest distance between knowing and doing.

Dimension	Questions	Knowing–Doing Gap Indicator	How Coaching Narrows the Gap
Clarity & Priorities	Q1–2	Knowing what matters versus consistently acting on those priorities.	Clarify priorities and translate them into intentional decisions.
Well-Being & Boundaries	Q3–4	Recognizing personal needs versus maintaining supportive habits and boundaries.	Build practical boundaries and sustainable routines.
Purpose & Direction	Q5–6	Wanting a meaningful future versus having a clear direction to pursue.	Define desired outcomes and develop an actionable roadmap.
Change Readiness	Q7–8	Recognizing the need for change versus having confidence and systems to act.	Identify obstacles and build structures for follow-through.
Accountability & Action	Q9–10	Making commitments versus consistently taking meaningful action.	Strengthen follow-through, reflection, and adjustment.

Dimension score bands: 2–4 = Wide Gap | 5–7 = Narrowing Gap | 8–10 = Bridging Gap.

Understanding Your Knowing–Doing Gap

Your score is not a measure of your potential or ability. It reflects how closely your current actions align with what you know, value, and want to accomplish.

Regardless of your score, the opportunity for growth lies in identifying what needs to change and taking intentional steps toward that change.

Coaching helps narrow the knowing–doing gap by transforming awareness into alignment, alignment into accountability, and accountability into consistent action.

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Assessment Note

These score ranges are coaching-oriented reflection categories, not clinically or scientifically validated measures of behavior. They describe perceived alignment and should be explored through coaching conversations rather than treated as definitive measurements of an individual's knowing–doing gap.

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