

Self Assessment - Personal Knowledge of Yourself

Knowing Who You Are Contributes to Higher Levels of Success

You want to know your strengths, talents, skills, competencies as well as your limitations. You want to know your wants and needs. You want to be aware of your values and principles to serve as a guide for your direction. "BEING" a Leader/Coach is dependent on a complete understanding of who you "BE" as a person.

| | | | |
|-------------------|--|-------------------|--|
| 1 2 3 4 5 | 1. I know what my strengths and gifts are and exemplify them in all that I do. | 1 2 3 4 5 | 11. I have identified my needs and am responsible for satisfying them myself. |
| 1 2 3 4 5 | 2. I know what my guiding principles are and live by them every day. | 1 2 3 4 5 | 12. I am a self appreciator and am able to appreciate others as well. |
| 1 2 3 4 5 | 3. I have a very high level of self esteem and feel very good about myself. | 1 2 3 4 5 | 13. I admit when I make mistakes and learn from making them. |
| 1 2 3 4 5 | 4. I have explored my tolerations and have none in my life that I can do something about. | 1 2 3 4 5 | 14. I am a truth sayer and speak my own truth as well as what I see as truth for others even when it seems risky to do so. |
| 1 2 3 4 5 | 5. I respond in pro-active ways versus reactive ways. | 1 2 3 4 5 | 15. I am curious and practice discovery of possibilities. |
| 1 2 3 4 5 | 6. I know what I want in life and have written my personal mission statement. | 1 2 3 4 5 | 16. I expect change to be the constant in my life and can adapt and cope as necessary. I am a change agent. |
| 1 2 3 4 5 | 7. I have a positive attitude about life, people and situations. | 1 2 3 4 5 | 17. I am a lifelong learner and never miss an opportunity to expand my knowledge. |
| 1 2 3 4 5 | 8. I have established quality daily habits and am constantly raising my standards. | 1 2 3 4 5 | 18. I am able to set my own ego aside so that I can connect with my heart. |
| 1 2 3 4 5 | 9. I have a great respect for differences and diversities. | 1 2 3 4 5 | 19. I am action oriented and have a good level of "sticktuitiveness." I follow through and get things done. |
| 1 2 3 4 5 | 10. I embrace the fact that disagreement is positive and out of disagreement comes new learning. | 1 2 3 4 5 | 20. I take risks easily and can be fairly gutsy. |

| Accomplishment Levels | Personal Presence Scores | | | | | | | | | | | | | | | | | | | |
|-----------------------------|--------------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
| 5 - Consistently successful | | | | | | | | | | | | | | | | | | | | |
| 4 – Almost always | | | | | | | | | | | | | | | | | | | | |
| 3 – Usually | | | | | | | | | | | | | | | | | | | | |
| 2 – Sometimes | | | | | | | | | | | | | | | | | | | | |
| 1 – Not at all | | | | | | | | | | | | | | | | | | | | |
| Mastery Points | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |