

Inspirational Self Assessment

On a scale of 1 – 10, with 10 being excellent, how would you rate your competencies in the following categories? After rating each category, please provide a reason why you rated yourself in that way.

Category	Rating 1 - 10	Why?
Caring & Vulnerability – You show concern for others and also share about your own weaknesses.		
Enthusiasm – You create positive energy, smile often, and influence others.		
Trust-Building Skills – You keep another person's confidence. You do not engage in workplace gossip or unnecessary drama.		
Build People Up & Acknowledge Contributions – You find something positive to say and thank those around you for what they do.		
Stand Your Ground / Take Control – You show others that even the worst of circumstances can be overcome. You don't react, you are in control.		
Admit Flaws – You acknowledge that you are flawed and you make mistakes.		
Active Listening – You make eye contact, ask relevant follow up questions, and show that you care.		
Reach For The Stars – You exemplify that you can accomplish anything you set your mind to. You are ambitious and aim high.		
Constructive Feedback – You do not say 'I told you so.' You deliver feedback in a positive manner but you aren't afraid to challenge.		
Treat Everyone Equally – You care for people without consideration of factors that have no influence on the quality of a person.		
Confidence, Calm & Cool – You react to insults and feedback with confidence and an open mind. You do not react harshly or strongly.		
Share Your Influences – You share the influences that have shaped you so others can benefit from it.		
Keep Your Promises – You keep your word and do what you say you're going to do.		
Stay True to Yourself – You do not put on a different version of yourself in different situations.		
Explore Alternative Ideas – You challenge your own beliefs on a regular basis. You have conversations with people who think differently than you.		