|  |  |  |
| --- | --- | --- |
|  | **Individual Assessment** |  |
|  |  |
|  |  |

**See where you're at with your skills as an Individual.**

Read each statement below.
Rate yourself fairly for each question. Remember, a frank and truthful judgment of your own strengths and weaknesses will help you decide where you need to concentrate your efforts.

**Section 1 of 5**

Think about a project where you faced a number of set-backs. With that experience in mind, consider how often you do the following:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0** |  | **1** |  | **2** |  | **3** |  | **4** |  | **5** |
| I demonstrate determination and self-discipline |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I demonstrate focus.   |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I demonstrate preparation and follow-through on projects.   |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I evaluate my strengths and weaknesses at work in my life.   |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I demonstrate the work-ethic needed to complete the task.  |  |  |  |  |  |  |  |  |  |  |  |

**Section 2 of 5**

Think of one or two specific experiences where you participated in a group that was completing an activity, project or task. With experiences like those in mind, consider how often you do the following:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0** |  | **1** |  | **2** |  | **3** |  | **4** |  | **5** |
| I maintain relationships that reflect my core values |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I evaluate opportunities based upon my core values.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I explain to others what I value.   |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I express my values and priorities to others in a respectful manner.   |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| I set personal priorities that reflect my values.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

**Section 3 of 5**

Think of one or two goals you have set and achieved. With that in mind, consider how often you do the following:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0** |  | **1** |  | **2** |  | **3** |  | **4** |  | **5** |
| I use a personal plan to help me move toward my long-term dream.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I set realistic goals and work toward them. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I make plans to achieve my life’s dream.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I write goals that I want to attain now and in the future.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I monitor goals that I have set for myself. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

**Section 4 of 5**

Think of one or two specific experiences where you interact with others at school, home or work to accomplish a goal. With experiences like those in mind, consider how often you do the following:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0** |  | **1** |  | **2** |  | **3** |  | **4** |  | **5** |
| I evaluate how my decisions affect myself and others. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I look for and analyze changing attitudes in myself and others.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I recognize how my decisions affect others.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I work with others to gain information and determine how best to make a decision.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| I communicate effectively with my family, friends and colleagues.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |

**Section 5 of 5**

Think of a situation where you were responsible for making a big decision. With that experience in mind, consider how often you do the following in similar situations:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0** |  | **1** |  | **2** |  | **3** |  | **4** |  | **5** |
| I consider what I need to learn in order to make a decision.  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I cope with the stress of making decisions in a positive way. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| I effectively manage specific things that cause me to feel stress. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| I evaluate decisions that I’ve already made and determine if they were good ones. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| I analyze a situation and weigh the pros and cons before I act. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |