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: ^

I demonstrate determination and self-discipline		3	4	5
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:

I maintain relationships that reflect my core values	0	1	2	3	4	5
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:

I use a personal plan to help me move toward my long-term dream.	0	2	3	4	5
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

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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:

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.

-	0	1	2	3	4	5

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