

SELF-ASSESSMENT

Worksheet



Spend about 30 minutes working through this self-assessment worksheet. Make sure you write out your responses. Be as thorough and honest as you can be. This is for you and you alone and you need not share your responses with anyone, unless you want to.

- 1** **How do you perceive yourself? Who are you?** Your concept of who you are is based on belief more than fact. It doesn't necessarily match up with external reality. In other words, others may see you differently. Regardless, how you see yourself is a powerful factor in determining how you behave.
- 2** **Are you expressing yourself? Even in situations that involve disagreement or conflict?** When you express yourself, are you expressing truth in a way that does not do damage to your relationships? Emotional expression and assertiveness include expressing one's feelings verbally and non-verbally in a socially acceptable and non-offensive, non-destructive manner.
- 3** **Do you cling to any beliefs about yourself despite feedback and evidence to the contrary? What are they?** Think of at least one. Our ideas about ourselves can prevent us from reaching our potential. For example, if you believe you are not a good public speaker, you might not apply for a great job because the position would require you to get up in front of people. If you believe you are a great public speaker, you might not take feedback that could make you even better.

a. Out-of-date belief about myself #1:

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- How does this belief affect how I show up?
 - What evidence do I have that this belief is true? Not true?
- b. Out-of-date belief about myself #2:
- - How does this belief affect how I show up?
 - What evidence do I have that this belief is true? Not true?
- c. Out-of-date belief about myself #3:
- - How does this belief affect how I show up?
 - What evidence do I have that this belief is true? Not true?

4 Where might you be hiding? What about allowing your beliefs about yourself to hold you back? Consider the following prompts as you develop your response to this question.

- How do I keep people from seeing parts of myself that I don't want exposed? (E.g., act like the Clown or make jokes, change the subject, fail to prepare, or backbench; act like the Critic or talk only about what I know; be a Cheerleader for others but fail to advance my own opinions; stall, avoid, or dodge)
- What patterns do I use to keep myself invisible? (E.g., slumped posture, arriving late, not speaking or waiting to speak, excessive giggling, stalling, dodging)

- What do I want people to see about me? (E.g., confident, powerful, intelligent)
- What do I not want people to see about me? (E.g., afraid, anxious, in over my head)

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Pay attention to how you talk to yourself for a day. Note the messages you are saying to yourself throughout your day (“I’m so lame” or “How could you be so stupid,” for example). Think about how these messages may be influencing your ideas about yourself