

Personal, Professional, & Organizational Self-Assessment

Objective: Use this worksheet to determine your areas of strength and weakness in the following domains. Where are you following up short? Where are you hitting the bulls-eye?

Personal

I have a good understanding of my self, who I am, what I want out of life, and how to have that experience.

Yes/No

I know how to handle stress well. I can relax in the face of conflict and challenge.

Yes/No

I eat healthy, and consume toxic beverages and food in moderation.

Yes/No

I get enough sleep and feel well-rested most days.

Yes/No

I exercise several days a week, for at least 20 minutes.

Yes/No

I use nutritional supplements to optimize my health, my thinking, or other aspects of wellness in my life.

Yes/No

Professional

I am an expert at what I do, and every week I develop my expertise.

Yes/No

I give full effort almost every day to my work/job/career.

Yes/No

Organizational

I am a valued member of my organization or team. I am recognized as a leader?

Yes/No

I put forth effort to notice those that work under me, compliment them, and help them reach their potential.

Yes/No