

Self Assessment, Self Awareness Checklist

A self assessment is a way to evaluate yourself, your character traits and your personality which in turn reflects your behaviour style and preferred work options. There are no right or wrong answers. The assessment may help to develop and explore your self knowledge.

- ☐ Personality style: (emotional stability, extraversion/introversion, openness)
how do you react to situations? Do you maintain composure? Do you feel threatened or distressed? What triggers habitual responses?
- ☐ Self Reliant: can you depend on yourself to get things done?
- ☐ Social Initiative: advocacy, respect, community partner relationships, instruction, build relationships
- ☐ Discreet, approachable, caring toward others
- ☐ Ease of communication, express ideas, critical thinking, problem solving, solution based thinking.
- ☐ Open to feedback/constructive criticism.
- ☐ Awareness of surroundings
- ☐ Personal bias
- ☐ Take direction, prefer to work alone or with others
- ☐ Leadership qualities: open to change, emotional intelligence, ability to anticipate and react to situations, inspire and motivate people, manage emotions, empathy, relationship management, inspire change, support and involve others.