



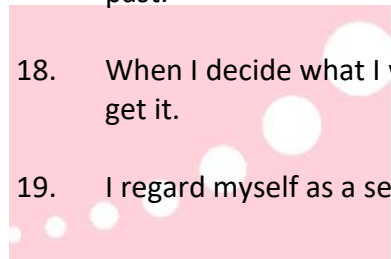
Leadership or Coaching Self-Assessment

NAME _____ DATE _____

INSTRUCTIONS: Circle the number that represents what you feel best describes you for each quality.

		DESCRIPTION									
		POOR					EXCELLENT				
1.	I tend to view most problem situations as an opportunity for growth rather than as pitfalls to be avoided.	1	2	3	4	5	6	7	8	9	10
2.	I begin each day filled with optimism.	1	2	3	4	5	6	7	8	9	10
3.	I possess a high degree of self-confidence.	1	2	3	4	5	6	7	8	9	10
4.	I profit from mistakes, and have little fear of failure.	1	2	3	4	5	6	7	8	9	10
5.	I am a person who creates opportunities rather than waits for them.	1	2	3	4	5	6	7	8	9	10
6.	I am very creative in finding solutions to all types of problems.	1	2	3	4	5	6	7	8	9	10
7.	I believe the majority of people are willing to be helpful when they are asked.	1	2	3	4	5	6	7	8	9	10
8.	I possess a clear concept of what I want to get out of my life.	1	2	3	4	5	6	7	8	9	10
9.	I live my life with a strong sense of purpose and direction.	1	2	3	4	5	6	7	8	9	10
10.	I expect to be a highly successful individual.	1	2	3	4	5	6	7	8	9	10

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|-----|--|---|---|---|---|---|---|---|---|---|----|
| 11. | I have very little tendency to worry and have self-doubt. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12. | I regard myself as a decisive and definitive individual. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 13. | I am a person who takes immediate action rather than procrastinates. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14. | I have a large reservoir of undeveloped ability on which to draw. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15. | I always fully complete whatever I begin. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16. | My self-concept is very favorable. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 17. | I have the motivation and capabilities not to be limited or restricted by my past. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 18. | When I decide what I want, I most often get it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 19. | I regard myself as a self-starter. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |



SPRINGBOARD
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NOW, scan your answers and take a few minutes to consider these questions:

- What surprised you about your answers?
- In what areas would you like to improve or shift your responses?
- Which responses make you feel accomplished and proud?