



Instructions:

Show the extent to which you agree with each of these statements on a scale running from **0 (Never) to 4 (always)**. For each statement, check the box in the column that most applies to you at this time.

Total each section separately.

Self Awareness

	0	1	2	3	4
My feelings are clear to me in any given moment					
My moods impact the people around me					
My moods are easily affected by external events					
I find it easy to describe my feelings					
I am able to stand apart from my thoughts and feelings and examine them					

Total Score _____

Self Regulation

	0	1	2	3	4
I accept responsibility for my reactions					
I am a very patient person					
I maintain composure even during stressful times					
I can restrain myself when I feel anger towards someone					
I direct my energy into creative activities					

Total Score _____

Self Motivation

	0	1	2	3	4
I know how to stay positive even when others want to complain					
I set my own standards, meet my own goals, and don't need others to do that for me					
I can inspire the group to act when the occasion calls for it					
I challenge myself to learn and to grow personally and professionally					
I look for opportunities to use my strengths on the job & in managing my relationships					

Total Score _____

Social Awareness

	0	1	2	3	4
I consider the impact of my decisions on other people					
I sense when a person's mood changes					
I am able to be supportive when giving bad news to others					
I usually know when to speak and when to be silent					
I understand when people's plans change unexpectedly					

Total Score _____

Social Skills

	0	1	2	3	4
I am an influential person in the groups where I participate					
I am good at sending clear and convincing messages					
I am skillful in initiating or managing change					
I have learned to negotiate and resolve disagreements					
I am dependable; others know they can count on me					

Total Score _____

My Scores



Areas of Impact	Possible Score		
Self Awareness	0 through 15	16 through 18	19 or 20
Self Regulation	0 through 15	16 through 18	19 or 20
Self Motivation	0 through 15	16 through 18	19 or 20
Social Awareness	0 through 15	16 through 18	19 or 20
Social Skills	0 through 15	16 through 18	19 or 20

Measure your effectiveness in each area:

- 0 – 15 = An area of enrichment (requires attention and development)
- 16 – 18 = Effective functioning (consider strengthening this area)
- 19 – 20 = Enhanced skills (use as foundation to develop weaker areas)

My Goals

#1
2
3
4
5