



Self-Assessment Worksheet

Name: _____ Date Completed: _____

Step 1: Ask yourself who you are Write down five words or phrases that YOU think describe you as you exist in this very moment, not the person you were in the past or who you want to be in the future.

This is not how you think others perceive you, but how you perceive you. Be honest with yourself!

The 5 Words or Phrases I would use to describe myself are:

- 1. _____ 2. _____ 3. _____
4. _____ 5. _____

Step 2: Seek insight from people you trust Ask at least five people you trust to give you honest feedback with five words or phrases that describe you as a person to them – don't let them sugarcoat it!

The 5 Words or Phrases others use to describe me are:

- Name: _____ Name: _____ Name: _____
1. _____ 1. _____ 1. _____
2. _____ 2. _____ 2. _____
3. _____ 3. _____ 3. _____
4. _____ 4. _____ 4. _____
5. _____ 5. _____ 5. _____

- Name: _____ Name: _____
1. _____ 1. _____
2. _____ 2. _____
3. _____ 3. _____
4. _____ 4. _____
5. _____ 5. _____

Step 3: Compare and contrast Where do you agree? Where do you disagree? What surprised you? What didn't? Write your thoughts down about the results and what they mean to you here:

Bonus Step: The 5 words you wish to be Write down the 5 words or phrases you would LIKE people to use to describe you in the future.

The 5 words or phrases I would like used to describe myself in the future:

- 1. _____ 2. _____ 3. _____
4. _____ 5. _____