The purpose of this exercise is to determine your personal level of self-awareness, self-management, empathy and social skills.

FYI: There is no right or wrong answer; only the answer that feels most comfortable to you.

For each of the following statements choose whether you either **A**-agree (always applies), **SA**-somewhat agree (sometimes applies, but more often does not), **SD**-somewhat disagree (applies more often, but not always) or **D**-disagree (never applies).

Statements:

I am usually aware (from moment to moment) of my feelings as they change:

I think before I act:

I am impatient when I want something:

I bounce back quickly from life’s setbacks:

I can pick up subtle social cues that indicate others’ needs or wants:

I’m very good at handling myself in social situations.:

I’m persistent in going after the things I want:

When people share their problems with me, I’m good at putting myself in their shoes:

When I’m in a bad mood, I make a strong effort to get out of it:

I can find common ground and build rapport with people from all walks of life:

I recognize how my feelings affect my performance:

I deal calmly with stress:

I set measurable goals:

I control and restrain my impulses:

I accurately read others’ moods or nonverbal cues:

I encourage friendly & cooperative climates in groups or organizations:

I anticipate obstacles and goals:

I listen attentively to others:

I am aware of my own strengths and weaknesses:

I have close friendships with many different people:

**This section is to be completed by the coach:**

Total self-awareness: \_\_/20

Total self-management: \_\_/20

Total empathy: \_\_/20

## Total social skills: \_\_/20

Client name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_