



OBJECTIVE SELF-AWARENESS QUESTIONNAIRE

Quick pro tips:

- Ensure that you're ready and open for honest feedback
- Let recipients know that their honesty is valuable to you in this exercise
- DO NOT take any of it personally
- Look for patterns across all responses

Question 1:

Do I generally handle being challenged, conflict or turbulence well?

YES NO

Question 2:

Would you consider me an effective communicator most of the time?

YES NO

Question 3:

During turbulence do you think I truly see how my reactions & behavior impact you?

YES NO

Question 4:

Generally do I follow through with the commitments I make to myself & to others?

YES NO

Question 5:

Am I flexible & open to adjusting to new information & other perspectives?

YES NO

Objective feedback from those in our corner is one of the most effective ways of discovering how we really show up in this world. Good luck!