



## Self-Leadership Self-Assessment

### Instructions

For each statement, rate yourself on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree). Total your scores at the end of each section to identify areas of strength and those needing improvement.

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### 1. Self-Awareness

1. I regularly reflect on my strengths and weaknesses.
2. I seek feedback to improve my self-awareness.
3. I understand how my emotions and behaviors affect others.
4. I am aware of my core values and beliefs.
5. I use mindfulness or meditation to gain insights into myself.

**Total for Self-Awareness: \_\_\_\_\_ / 25**

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### 2. Self-Management

1. I effectively manage my time and prioritize my tasks.
2. I can stay focused and disciplined in achieving my goals.
3. I handle stress and challenges well.
4. I maintain healthy habits that support my overall well-being.
5. I use strategic planning to guide my actions and decisions.

**Total for Self-Management: \_\_\_\_\_ / 25**

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### 3. Self-Motivation

1. I set meaningful goals that align with my values.
2. I find intrinsic motivation to pursue my passions.
3. I remain committed to my goals, even in the face of obstacles.
4. I use visualization and positive affirmations to stay motivated.
5. I seek inspiration from mentors, role models, or personal experiences.

**Total for Self-Motivation: \_\_\_\_\_ / 25**

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#### 4. Self-Efficacy

1. I believe in my ability to succeed and overcome challenges.
2. I continuously seek to build my skills and knowledge.
3. I celebrate small wins to boost my confidence.
4. I have a resilient mindset and learn from setbacks.
5. I trust in my abilities and resources to achieve my goals.

**Total for Self-Efficacy: \_\_\_\_\_ / 25**

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#### 5. Personal Accountability

1. I take responsibility for my actions and outcomes.
2. I own up to my mistakes and learn from them.
3. I keep my commitments and follow through on promises.
4. I seek constructive feedback to improve.
5. I align my actions with my ethical principles and values.

**Total for Personal Accountability: \_\_\_\_\_ / 25**

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#### 6. Continuous Learning and Improvement

1. I am committed to lifelong learning and personal growth.
2. I seek new knowledge, skills, and experiences.
3. I attend workshops, seminars, or study groups to improve myself.
4. I reflect on my learning and apply it to my development.
5. I study a variety of sources to gain new insights and perspectives.

**Total for Continuous Learning and Improvement: \_\_\_\_\_ / 25**

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#### 7. Integrity and Ethical Behavior

1. I make decisions based on my core values and principles.
2. I am honest and transparent in my dealings with others.
3. I follow ethical standards in my daily life.
4. I strive to embody virtues such as honesty, compassion, and humility.
5. I align my actions with my personal and professional ethics.

**Total for Integrity and Ethical Behavior: \_\_\_\_\_ / 25**

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## 8. Emotional Intelligence

1. I understand and manage my own emotions effectively.
2. I empathize with others and understand their perspectives.
3. I handle interpersonal relationships judiciously and empathetically.
4. I communicate effectively and resolve conflicts constructively.
5. I practice active listening and show genuine interest in others.

**Total for Emotional Intelligence:** \_\_\_\_\_ / 25

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## 9. Vision and Purpose

1. I have a clear vision of what I want to achieve in life.
2. I set long-term goals that align with my vision.
3. I regularly review and adjust my goals to stay on track.
4. I find meaning and purpose in my work and personal life.
5. I am motivated by a strong sense of purpose and direction.

**Total for Vision and Purpose:** \_\_\_\_\_ / 25

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## 10. Adaptability and Flexibility

1. I am open to change and can adapt to new situations.
2. I am willing to adjust my plans when necessary.
3. I embrace new ideas and approaches.
4. I remain calm and resourceful in the face of uncertainty.
5. I learn from my experiences and apply new knowledge to future challenges.

**Total for Adaptability and Flexibility:** \_\_\_\_\_ / 25

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## Scoring

Add up your scores for each section to identify your strengths and areas for improvement. A higher score in a section indicates a stronger capability in that aspect of self-leadership.

- **80-100:** Excellent - You have a strong grasp of self-leadership principles.
- **60-79:** Good - You are proficient in self-leadership but may have areas for improvement.
- **40-59:** Average - You have a basic understanding of self-leadership but need to develop further.
- **20-39:** Below Average - You need to work on enhancing your self-leadership skills.
- **0-19:** Needs Improvement - You have significant room for growth in self-leadership.

Use this self-assessment as a tool to guide your personal development journey and focus on areas where you can improve your self-leadership skills.