

# Know Yourself: Self Evaluation

- 1) List a few things that you feel really confident doing or that other people have told you you are great at.
  
  
  
  
  
  
  
  
  
  
- 2) What are a few things that you really don't feel confident doing or that you have been told you need to work on?
  
  
  
  
  
  
  
  
  
  
- 3) List the five most important people in your life.
  
  
  
  
  
  
  
  
  
  
- 4) Describe where you get the most done (Quiet or loud spaces? With others or alone? etc.)
  
  
  
  
  
  
  
  
  
  
- 5) List some of your biggest distractions.
  
  
  
  
  
  
  
  
  
  
- 6) What were two of the most important days of your life/proudest moments?

## Key:

Review your answers to each question and reveal a few truths about yourself. It is all about getting to know yourself better and being more comfortable with who you are.

1) Your answers for this question are some of your biggest assets, talents and strengths. Congratulations! You rock at these things and you should continue to improve upon them and use them to your advantage.

2) Your answers to this question are some of your weaknesses or self-conscious zones. That's okay! It is important to know these, accept them and challenge yourself to get out of your comfort zone and improve upon them often.

3) These are the people you cherish most in your life. Never forget this. If what you are doing is not working toward supporting and deepening your relationships with these people, you may want to re-evaluate.

4) The answer to this question reveals your ideal work space. This could be a loud and busy coffee shop. This could be a quiet simple room alone. The space you described should be where you strive to get most of your work done in order to be most efficient, productive and happy.

5) This is your list of things to not touch with a ten foot pole while working. Whatever your distractions are, (social media, music, friends) make sure that you actively avoid them while you are trying to get work done. You will thank yourself for it.

6) These are important memories to hold dear. Remembering these moments and how they made you feel can help center you on what is actually important in your life and help you create realistic goals that excite you to work hard everyday.

## Next Steps:

How do you feel? What stood out to you? What new things about yourself did you notice? What goals come to mind after seeing these truths on paper? Take time to reflect and make notes about what you are thinking right at this moment: