

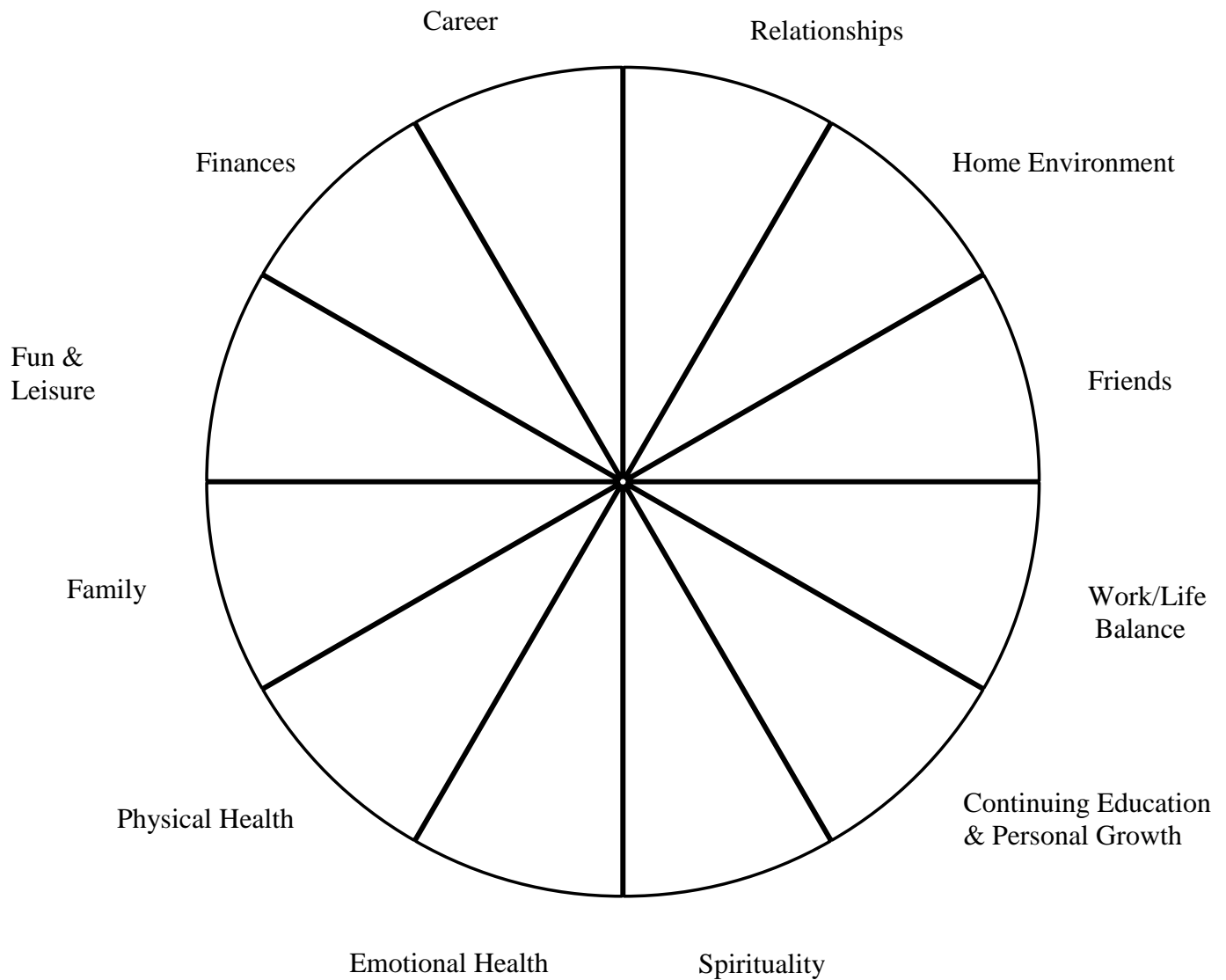
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Self-Assessment

Directions: Use this self-assessment wheel to rate your level of satisfaction in each area on a scale of A-F, with A being high satisfaction and F being low satisfaction. Feel free to add plus (+) and minus (-) signs for both precision and fun.



Self-Assessment Can Increase Your Success

By Michelle Ellwanger, MA, BCC

What grade would you give your life right now?

Ask yourself if you are content with that grade.

If you are content, good for you! You can stop reading this.

If you feel that you are often not reaching your potential, read on.

Taking a few minutes to look at and evaluate our lives can be a game changer.

By looking at your life and assessing the areas where you are succeeding and the areas where you are not will help you be more intentional and consequently more successful.

Interested in how this assessment can improve your life?

Here's 4 steps to help you become better:

Step 1: Take 5 minutes to fill in each area with a grade.

Step 2: Look at how you graded each area of your life. What do you notice?

Step 3: Pick a single area you would like to improve. Ask yourself, "What do I need to do to increase this area one letter grade?"

Step 4: Do it.

Self-improvement doesn't need to be complicated.

What is needed most is increased awareness, a few new tools and the intention to get better.

It's that basic.

Only you can make your life better. Are you ready for the challenge?