

PERSONAL POWER SELF-ASSESSMENT

Pre-Test

Read each statement and mark yes, sometimes, or no. Be honest. This information will be used only by you to assess yourself and choose your personal growth goal.

WORTH

	Yes	Sometimes	No
1. You worry about what someone will think of you	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. You think you are a good person	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3. You're embarrassed to raise your hand in class	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. You feel comfortable speaking in class	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5. You often feel bad about yourself	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. When someone compliments you, you say thank you and feel good about it	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>

Add the numbers next to the boxes you checked and write the total on the line.

TOTAL: _____

TALENTS

	Yes	Sometimes	No
1. You avoid people who disagree with you	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. You don't worry about winning the game	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3. You wish you could be more like other people	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. You can name three things you do well	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5. You want to be better than the next person	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. You play to have fun, and feel that it's OK not to win	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>

Add the numbers next to the boxes you checked and write the total on the line.

TOTAL: _____

ATTITUDE

	Yes	Sometimes	No
1. When someone gives a wrong answer, you say, "He's brainless!"	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. If a classmate dropped their books, you would help them	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3. You are sarcastic and hard on someone who makes a mistake	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. You compliment others when they do something well	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5. You often put yourself down	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. You usually tell yourself you did the best you could	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>

Add the numbers next to the boxes you checked and write the total on the line.

TOTAL: _____

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INTEGRITY

	Yes	Sometimes	No
1. You usually don't feel like finishing things you start	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. You are serious about homework and do your best	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3. You don't always get your chores and homework done	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. You always do what you say you will do	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5. You often tell stories to sound better than they really were	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. You do not exaggerate when you talk about yourself	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>

Add the numbers next to the boxes you checked
and write the total on the line.

TOTAL: _____

RESPECT

	Yes	Sometimes	No
1. You always think of ways to do things better the next time	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
2. When something goes wrong you blame it on someone else	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
3. When someone hurts your feelings you talk and get over it	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
4. Someone who hurts you will not get another chance	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
5. If you did something silly in class you would laugh at yourself	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
6. You get mad and put yourself down after making a mistake	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

Add the numbers next to the boxes you checked
and write the total on the line.

TOTAL: _____

SECTION TOTALS

In each section, add the number next to the boxes you checked. Write your total score for each section on the lines below. Add the section totals and write this total on the line for a grand total.

WORTH _____ ATTITUDE _____ INTEGRITY _____ TALENTS _____ RESPECT _____

Section Totals:

A score of 14 or above in any section indicates strength in that area of Personal Power
A score between 11 and 13 in any section indicates some skill and is an area to target for growth.
A score of 10 or below in any section indicates weakness and is an area to target for growth.

GRAND TOTAL _____

Grand Total:

A total score of 70 or above indicates strong Personal Power.
A score between 51 and 69 indicates some skill with a need for continual growth.
A score of 50 or below indicates growth is needed to develop your Personal Power.

The Road to Personal Power

