No

# 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

- 1. You worry about what someone will think of you
- 2. You think you are a good person
- 3. You're embarrassed to raise your hand in class
- 4. You feel comfortable speaking in class
- 5. You often feel bad about yourself
- 6. When someone compliments you, you say thank you and feel good about it

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

# TALENTS

- 1. You avoid people who disagree with you
- 2. You don't worry about winning the game
- 3. You wish you could be more like other people
- 4. You can name three things you do well
- 5. You want to be better than the next person
- 6 You play to have fun, and feel that it's OK not to win

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

ATTITUDE	Yes	Sor
1. When someone gives a wrong answer, you say, "He's brainless!"		-
2. If a classmate dropped their books, you would help them	3	-
3. You are sarcastic and hard on someone who makes a mistake		-
4. You compliment others when they do something well	3	
5. You often put yourself down		-
6 You usually tell yourself you did the best you could	3	-
Add the numbers next to the boxes you checked	TOTAL:	
and write the total on the line.		

#### 2 3 3 2 2 3 2 3 2 3 2 3

Sometimes

Yes

Yes	Sometimes	No
	2	3
3	2	
1	2	3
3	2	
	2	3
3	2	
TOTAL:		_

Yes	Sometimes	<b>No</b> 3
3	2	
	2	3
3	2	
	2	3
3	2	
TOTAL:		-

### PERSONAL POWER SELF-ASSESSMENT Pre-Test

	TEGRITY You usually don't feel like finishing things you start You are serious about homework and do your best You don't always get your chores and homework done You always do what you say you will do You often tell stories to sound better than they really were	Yes 1	Sometimes 2 2 2 2 2 2 2 2	No 3 1 3 1 1 1 3
6.	You do not exaggerate when you talk about yourself	3	2	
	d the numbers next to the boxes you checked d write the total on the line.	TOTAL:		
RE	SPECT	Yes	Sometimes	No
1.	You always think of ways to do things better the next time	3	2	
2.	When something goes wrond you blame it on someone else		2	3
3.	When someone hurts your feelings you talk and get over it	3	2	
4.	Someone who hurts you will not get another chance	1	2	3
5. I	f you did something silly in class you would laugh at yourself	3	2	
6	You get mad and put yourself down after making a mistake		2	3
	d the numbers next to the boxes you checked d 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.

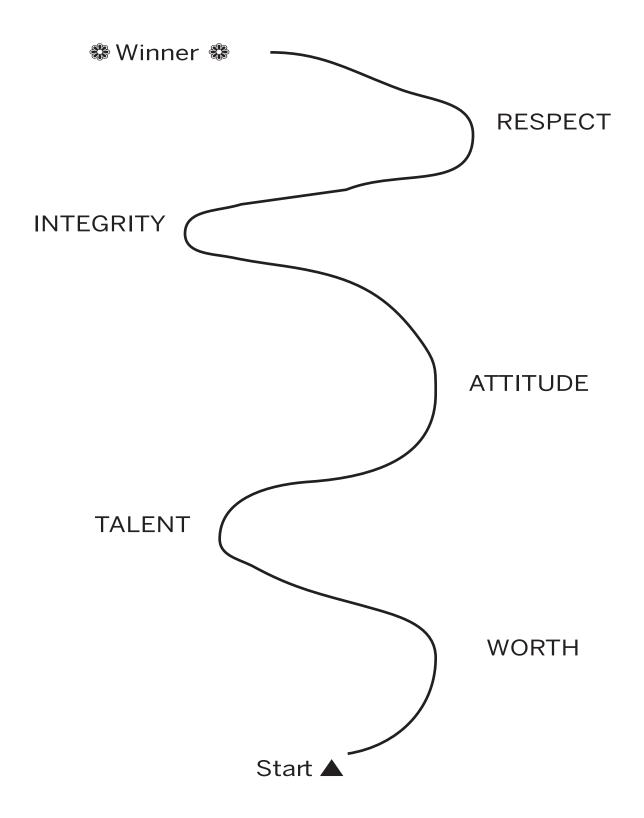
A score between 51 and 69 indicates some skill with a need for continual growth. A score of 50 or below indicates growth is needed to develop your Personal Power.

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# The Road to Personal Power



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