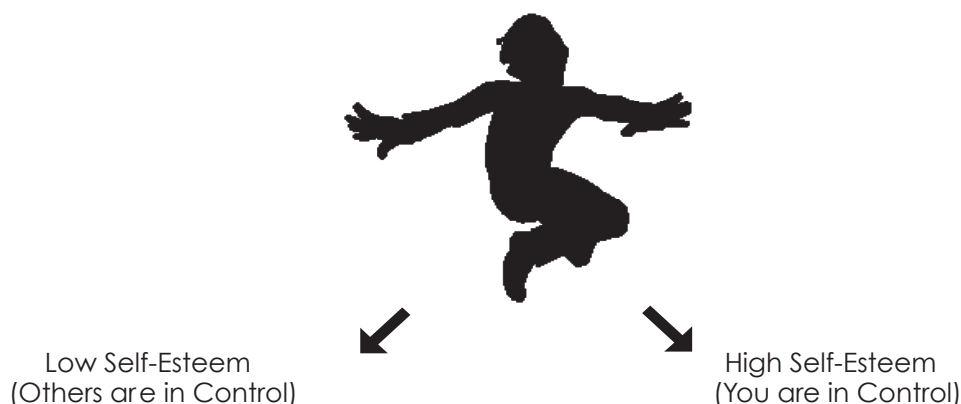


# Choosing Personal Power



## YOUR WORTH

The way you look is most important  
You value what others think of you  
How others treat you is important

Your inner person is most important  
You value what you think of yourself  
How you treat yourself is important

## YOUR TALENT

You do not know your talents & gifts  
You compare yourself with others  
You have a Win/Lose attitude

You know your talents & gifts  
You do not compare yourself with others  
You have a Win/Win attitude

## YOUR ATTITUDE

You put yourself down  
You are critical of others  
You use put-downs & sarcasm

You say positive things about yourself  
You are positive about others  
You are kind and thoughtful

## YOUR INTEGRITY

You do not keep your word  
You do not do your best  
You are dishonest with others & yourself

You always keep your word  
You do your best every time  
You are honest with others & yourself

## YOUR RESPECT

You blame others  
You hold grudges  
You do not want to grow

You accept your own mistakes  
You are forgiving  
You work on personal growth

## PERSONAL POWER SELF-ASSESSMENT

### Post-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: \_\_\_\_\_

## PERSONAL POWER SELF-ASSESSMENT

### Post-Test

**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	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. When something goes wrong you blame it on someone else	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3. When someone hurts your feelings you talk and get over it	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. Someone who hurts you will not get another chance	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5. If you did something silly in class you would laugh at yourself	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. You get mad and put yourself down after making a mistake	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:** \_\_\_\_\_

**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.