

# Assessment Questionnaire: Self-awareness



How well do you know who you really are- your deep values, priorities, interests, fears, beliefs, and hopes? It takes a good deal of work to realize your essence and personal meaning. How far along this process are you? These questionnaire will help you to realize how well you know yourself and where you are heading in life.

How far along the process of self knowledge and personal goals are you now? What is your level of self awareness, your identity, and your direction in life?

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False  
2 = Mostly False  
3 = Neither True or False

4 = Mostly True  
5 = Completely True

1 2 3 4 5

1. I am not able to list out my top five greatest priorities in life, and I know where I am in respect to each of them currently
2. I frequently wonder where my life is heading and where I want it to go
3. Most days, I do not know exactly what I want for myself
4. If asked to describe myself in one sentence or less, I would have some difficulty.
5. I am sure that other people know themselves better than I know myself.
6. I often feel like my identity changes and I do not have a consistent sense of self identity
7. I do not have a mission statement for my life which I use to guide my decision making processes
8. When I think about what is most important to me, I sometimes feel unsure, but want to figure it out
9. I often find myself feeling envious of others who seem to really know what they want out of life and are going for it
10. I think that my life would be better if I was more self-assured and really knew what exactly I have to offer the world
11. I commonly have thoughts like, 'Things would be easier if I had a clear sense for what I really want.'
12. If asked to list the top 3 adjectives that describe my personality, I would have problems
13. It would be hard for me to clearly articulate what I can offer to my job or my relationships
14. I sometimes feel a bit like a chameleon, I seem to change when I am with different people or when I am in different environments
15. I have recently been asked by others something along the lines of, 'well, what is it that you really do want?'
16. When I feel upset, it is common for me to start thinking that it is because I am unsure of myself, my values, and what is really important to me.
17. I really do not like that question about describing your three greatest strengths and three greatest weaknesses. That question is very difficult for me.
18. I have a hard time taking risks and going after what I want
19. Others have told me that they are sometimes unsure what to expect from me or that I send mixed messages.
20. On a typical day, I do not look at the bigger picture of my life when making decisions.
21. I do not have a clear purpose for each of the different areas of my life (such as work, friendships, fitness, family, etc.)
22. I am unsure of where exactly I want to be within the next five years.
23. I often struggle with introducing myself to others because I'm not sure what to say about myself.
24. I would not be able to tell someone what my strongest personality characteristics and traits are
25. I sometimes have problems in my relationships because others do not feel exactly clear on what I want and what I expect from them.
26. I avoid talking about myself sometimes because I do not know what to say and do not feel confident in my strengths.
27. My future looks unclear to me. I am not sure where I will be or what my strongest aspirations are.
28. When I think of what really drives me and motivates me, I sometimes feel confused.
29. I would really like to have a better sense of who I am inside and feel more confident.
30. Many times I think that what I am is not really what I want to be, but I'm not sure what or how to change.

31. Name

32. Email

33: Tel No,

**Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days**