



# SELF-ASSESSMENT WORKSHEET

**PURPOSE:** *You are at a point in the DISCIPLINE STRATEGY® where external feedback will drive a more robust self-assessment concerning your progression toward your goal. This form is designed to guide you in the self-assessment process.*

**THIS IS MY GOAL:** \_\_\_\_\_

**INSTRUCTIONS:** *Respond to each prompt below. Take time to respond fully. Your responses will drive the action plan that results from self-assessment*

## TOP LEVEL ASSESSMENT

### STRENGTHS

Review your original plan. What are you doing well? What have been your strengths? List them.

Were these strengths observed by the people that gave you feedback? If yes, great confirmation. If not, why not? Did they just not observe it or do they see it differently than you? Confirm that you are seeing your strengths accurately

Consider each strength. Is this strength locked in and solid? Is there any way to leverage this strength for more intensity or to boost other areas?

### WEAKNESSES

Review your original plan. What is NOT going well? What have been your weaknesses?

Were these weaknesses identified by your external feedback sources? If yes, great confirmation. If not, why do you perceive this as a weakness but no one commented on it? Think through this carefully.

Consider each weakness. Is there a solution or action that you need to take to eliminate this weakness?



# SELF-ASSESSMENT WORKSHEET

## OPPORTUNITIES

What opportunities were identified by your feedback sources where you could do some things better or differently?

Consider each opportunity. Do you agree with the identified opportunity? If yes, then great confirmation. What can you do to pursue and realize the benefits of this opportunity?

What opportunities do you perceive that the feedback sources did not identify? Do you believe you are seeing these accurately? How do you pursue and benefit from these?

## THREATS

What threats were identified by your feedback sources? These are critical to understand.

Do you perceive threats that your feedback sources did not identify? If so, be sure to focus on these and identify in detail. Threats are critical to identify with specifics and to have a planned response to the associated behaviors.

Think about how each threat can be disarmed. Create a brainstorm list of ideas. This will drive your action plan at the end of the loop/ logic process.

## MILESTONE ASSESSMENT

Your original plan should have included milestones. These are specific measurable events during your progression to your goal. List these milestones and evaluate each one in detail.

### MILESTONE

### TARGET COMPLETION

### ACTUAL COMPLETION

### EVALUATION/ SELF-ASSESSMENT