

# Self – Awareness Assessment Tool



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*"If you don't know who you are people will tell you who you should be and you will believe them."*

**Self-Awareness leads to Self-Mastery.  
Are YOU ready?**

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## Introduction

Blah blah blah ...

### Part 1

You will need a piece of paper and a pen, or you can use your journal (any notebook will do) and answer the following questions:

(your answers can be as short as one word or longer; it's up to you)

1. How do you feel about who you are right now?
2. How do you feel most often?
3. What do you need most today?
4. What did you learn about being a woman from your mother or the women in your family?
5. What are the things you wish you did not learn from them?
6. How different are you from the women in your family?
7. What is your greatest fear?
8. What are the 5 words you would use to describe yourself?
9. What gives you most joy?
10. How often do you look into to your eyes when looking in the mirror?

*Self-Awareness*

*Empowerment*

*Self-Mastery*



## Part 2 - (A & B)

### A - Fill In The Blanc

Don't think; just write. Go!

1. Life is \_\_\_\_\_
2. People are \_\_\_\_\_
3. Work is \_\_\_\_\_
4. My future is \_\_\_\_\_
5. I'm a magnet for \_\_\_\_\_
6. Money is \_\_\_\_\_
7. My family is \_\_\_\_\_
8. Rich people are \_\_\_\_\_
9. I am \_\_\_\_\_
10. My life is \_\_\_\_\_
11. My choices depend on \_\_\_\_\_

Look at your answers and focus on their meaning and/or connotation and how they feel; light and inspiring or heavy and not that positive. If the feeling is mostly/decisively light – BAM!!! You're doing great!!! Congratulations!!!

But if it's not light then the reasons are most likely your beliefs, past experiences, and your expectations; usually it's a combination of all three.

*Self-Awareness*



*Empowerment*

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B – How would you rate the following using a 1 – 10 scale where 1 is low and 10 is high  
Pick the first number that pops into your mind. Go!

Your Score

1. Your current level of self-care
2. Your current level of self-satisfaction
3. How empowered you feel (generally)
4. Your relationships
5. Finances
6. Career
7. Health
8. Personal fulfillment
9. Emotional fulfillment
10. Fitness level
11. Self-image
12. Creativity

Add up all your answers and divide the total by 12. This is your average score.

*Self-Awareness*

*Empowerment*

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Now, using the same 1 – 10 scale, please rate the following statements as they FEEL TRUE to you, where 10 = you feel very strongly the statement is true and 1 = not true at all.

Your Score

1. I am beautiful
2. I am courageous
3. What I do/create has value
4. I trust myself
5. I forgive easily
6. I am happy with the way I look
7. I am talented
8. I am passionate about my life
9. I am happy in my life
10. I am proud of who I am
11. I make decisions easily
12. I am successful
13. I achieve my goals easily

As above, add up all your answers and divide the total by 13. This is your average score.

If your average score is 6 or higher, you are doing pretty great – overall. Usually, we all have areas that are just AWESOME and others that are not. That's normal. But doing this will help

you see which aspects of your life could use some tweaking. You can't change what you don't know needs changing, right?

If your average score is 5 or less than I want to tell you, first, you are not alone. Many, many people find themselves in this range. This is why I do what I do.

Second, I would like you to imagine the person who you love and who loves you. See them smiling at you and then feel them give you a big, warm, loving hug.

I too send you a huge hug – I know what 5 or less feels like; I've been there many times.

But now I'm here, 6 and up and sometimes way up!

And you can get there to. I suspect you've been there a time or two or more.

The purpose of self examination is to become aware of what you need, what you really need that might not be on your to-do list. Now that you know, you can do something about it.

Self-awareness leads to empowerment which leads to Self-Mastery!

You are on your way now! Congratulations!!! Keep going.

YOU are the most important thing in your life – did you know that?

You are the common denominator in all your life's experiences.

You are a powerful individual who can make great decisions and powerful choices.

You can get to a high-score quality of life – if you want to – and live from there.

I know that because you chose to raise your hand and get this self-awareness assessment tool.

And since you did that, I know you are curious. Curiosity is a marvelous state of being.

Stay curious and life will keep giving you opportunities and answers to anything your curious mind wants to know or achieve. Believe me. I know.

And there are millions of other people who can back me up on this. In fact, you might just be one of them. You probably already know that you can do much more, create more, and learn more. Otherwise, you would not be able to be curious.

I hope you go over these questions some time from now and see how much you've grown and changed.

I'm sure you will! And if you'd like, you can let me know. I would LOVE that!

You can find more information, inspiration, and resources on my website.

You can also come visit on my Facebook page.









