



16.	The work I do on a daily basis reflects my values, and is consistent with the goals I've set for myself.	
17.	When I encounter a setback, I have no difficulty focusing on the situation positively and objectively	
18.	I can state clearly what my passion is	
19.	I can identify the activities that I would love to do in a job	
20.	I know my primary source of motivation when I am working on something	

Total Score \_\_\_\_\_

### **Score Key**

**25 to 50** – you have limited understanding about yourself. You may feel more confident and secure in some areas of your life than others. It is likely that you want to have a very clear vision for your life and specific goals to follow your purpose. You may have experienced some indecision lately due to a lack of a clear vision for your future. You may feel that you change when you are around different people or in different situations and that you would like to develop a greater sense of consistency. If you can recognize the areas in which you know yourself best and then start to further develop the areas where you are less in touch with yourself, you can experience significant growth in self-awareness.

**51 to 75** – you have good awareness about yourself. There may be a couple areas which are less clear than others; however, you are very clear in certain areas. You may want to develop these less certain areas and work on creating solid goals for the future. You are likely to be pretty confident in your abilities and able to articulate what is most important to you. You are also likely to be pretty consistent in the way that you present yourself across various situations. Work on the few areas where you are less in touch with yourself and your self-awareness will be excellent.

**76-100:** You are really clear about yourself very well. You are likely to have a clear mission for yourself and to know how your various activities fit together and help you to get where you want to go. You are probably confident in your abilities and able to describe yourself and your goals very clearly. You are someone who knows what you want and you are not afraid to go after it. Your knowledge of yourself, your aspirations, and your values are all strong. It is likely that you are well aware of your weaknesses in addition to your strengths, and that you work to address them. You know what is meaningful and important to you. You can be considered a person who is more self-aware than most people.

Get in touch today for a **Powerful Coaching Conversation** to discover how I can help you to find the true purpose of your life.

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