

How well you know yourself?

Test your self-awareness, your identity, and your direction in life.

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? Many of us think we really know ourselves and this may be true to greater or lesser extents.

See how well you really know yourself with this assessment. This questionnaire will help you to realize how well you know yourself and where you are heading in life. The results will provide you with a clear indication of how far along the process of self-knowledge and personal goals you currently are.

Please complete all items. Rate each item on a scale of 1-5. Please choose one number and do not write a decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviors regarding your view of yourself and your future.

Choose how true each statement is for you.

1	2	3	4	5
Less true				More True

	STATEMENT	Rating
1.	I am 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 always know where my life is heading and where I want it to go.	
3.	Most days, I know exactly what I want for myself.	
4.	If asked to describe myself in one sentence or less, I would have no difficulty.	
5.	When I think about what is most important to me, I always feel certain	
6.	I have a clear purpose for each of the different areas of my life (such as work, friendships, fitness, family, etc.)	
7.	I am certain of where exactly I want to be within the next five years.	
8.	I understand what my personality preferences is	
9.	I can list at least 3 of my top strengths	
10.	I know which areas are my top 3 weaknesses	
11.	I would be able to tell someone what my strongest personality characteristics and traits are.	
12.	My future looks clear to me. I am sure where I will be or what my strongest aspirations are.	
13.	When I think of what really drives me and motivates me, I feel motivated.	
14.	On a typical day, I look at the bigger picture of my life when making decisions.	
15.	I approach life with confidence, and I have high self esteem.	

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.

Contact me at paul@bigvisionlifecoach.com