QUIZ: HOW SELF-AWARE ARE YOU?

Introduction:
Emotional Intelligence is the foundation of successful leadership. According to expert Daniel Goleman [What Makes a Leader?], there are 5 recognised components of Emotional Intelligence – Self-Awareness, Self-Regulation, Motivation, Empathy and Social Skill.

Self-Awareness is the starting point for without it, the others are ‘academic’ and difficult to do. Interestingly, we all like to believe we’re more self-aware than we really are!

Purpose:
To gain an understanding of how self-aware you actually are. This creates a starting point to identify your strengths and bridge your gaps. Conscious awareness alone will strengthen how you relate to and influence others help you decide where to focus your ongoing development.

Task:
1. Rank yourself on the 10 quiz statements, circling the most honest score for each one. There are no right or wrong answers so base your response on how you are today, not how you think you should be or would like to be in the future. Remember, honesty is a fundamental trait of Self-Awareness!
2. Add your scores for each column
3. Calculate your TOTAL SCORE

Note:
This is a self-assessment of your own Self-Awareness. To discover how self-aware others believe you are, ask a range of direct reports, colleagues and managers to assess you using these 10 characteristics.

Your best self-development opportunities lie in the statements where their assessment differs from yours.
# QUIZ: HOW SELF-AWARE ARE YOU?

<table>
<thead>
<tr>
<th></th>
<th>Statement</th>
<th>Score Options</th>
<th>1 = Low</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 = High</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No one knows me better than I know myself</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>I’m not overly critical or unrealistically hopeful</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>I’m always conscious of the impact my behaviour on me, others and my performance</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>I know where I’m heading, what I want to achieve and why it matters</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>My decisions and actions directly reflect my values</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>I am honest, accurate and open – I assess myself realistically and can process feedback non-defensively</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>I can laugh at myself and am known for my self-deprecating sense of humour</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>I’m aware of and comfortable talking about my strengths and limitations</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>I’m curious to know where I can improve, welcome feedback and actively seek it</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>I’m confident and realistic – I know when to ask for help</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**SUB-TOTALS**

**TOTAL SCORE**

Low Self-Awareness: 10  High Self-Awareness: 50

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My Self Awareness Strengths (→ 3) are:

1. 
2. 
3. 

My Self-Awareness Development Opportunities (← 3) are:

1. 
2. 
3. 

The most effective and successful leaders are highly self-aware. 
Executive Coaching is a highly effective way to increase YOUR self-awareness. 
To find out more, contact POSSIBILITY to reality today to see how we can help you.