



Personal Assessment

Client Information (Optional)

- Name: _____
- How did you hear about us? _____
- Session Number: _____

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	Response
1	I am not able to list out my top five greatest priorities in life.	
2	I frequently wonder where my life is heading and where I want it to go.	
3	Most days, I do not know exactly what I want for myself.	
4	If asked to described myself, in one sentence or less. I would have some difficulty.	
5	I am sure that other people know themselves better than I know myself.	
6	I often feel like my identity changes and I do not have a consistent sense of self identity.	
7	I do not have a mission statement for my life which I use to guide my decision-making processes.	
8	When I think about what is most important to me, I sometimes feel unsure, but want to figure it out.	
9	I often find myself feeling envious of others who seem to know what they want out of life and who go for it.	
10	I think that my life would be better if I was more self-assured and knew exactly what I have to offer the world.	
11	I commonly have thoughts like, "Things would be easier if I had a clear sense for what I really want.	
12	If asked to list the top 3 adjectives that describe my personality, I would have difficulty.	
13	It would be hard for me to clearly articulate what I can offer to my job or relationships.	

	Statement	Response
14	I sometimes feel a bit like a chameleon. I seem to change when I am with different people or when I am in difficult environments.	
15	I have recently been asked by others something along the lines of, "well, what is it that you really do want?"	
16	When I feel upset, it is common for me to start thinking that it is because I am unsure of myself, my values, and what is truly important to me.	
17	I really do not like that common question that is asked at interviews about describing your three greatest strengths and three greatest weaknesses. That question is (or would be) very difficult for me.	
18	I have a hard time taking risks and going after what I want.	
19	Others have told me that they are sometimes unsure what to expect from me or that I send mixed messages.	
20	On a typical day, I do not look at the bigger picture of my life when making decisions.	
21	I do not have a clear purpose for each of the different areas of my life (such as work, friendships, fitness, family, etc.)	
22	I am unsure of where exactly I want to be within the next five years.	
23	I often struggle with introducing myself to others because I'm because I'm om sure what to say about myself.	
24	I would not be able to tell someone what my strongest personality characteristics and traits are.	
25	I sometimes have problems in my relationships because others do not feel exact clearly on what I want and what I expect from them.	

	Statement	Response
26	I would not be able to tell someone what my strongest personality characteristics and traits are.	
27	My future looks unclear to me. I am not sure where I will be or what my strongest aspirations are.	
28	When I think of what really drives me and motivates me, I sometimes feel confused.	
29	I would like to have a better sense of who I am inside and feel more confident.	
30	Many times I think that what I am is not really what I want to be, but I am not sure what or how to change.	

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the administrators of the test.