Copy of ALX Professional Foundations Skills Tracker

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	A	B	C	D	E	F
12	Significant growth	4	Enter **4** if you have made substantial progress and are confident in your abilitie			
13	Moderate (average) growth	3	Enter **3** if you have made noticeable strides and have a decent level of p...er			
14	Some growth	2	Enter **2** if you've experienced minor improvements, but there's still room for su			
15	Very little or no growth	1	Enter **1** if you feel that your growth in this area has been minimal or negl...le.			
16						
17		Before Foundations	Growth Tracking 2	Growth Tracking 3	Growth Tracking 4	
18	**LEADING SELF**	Rating				**MANAGING COMPLEX TASKS**
19	Core Values	5	5	5		Project Scoping
20	Self-awareness [Personal Mission Statement]	1	3	4		Project Structuring
21	Self-regulation [Emotional Intelligence]	3	4	4		Project Planning
22	Self-improvement [Growth Mindset]	4	5	5		Project Coordination
23	Self-improvement [Healthy Habits Formation]	2	2	3		Project Execution
24	**LEADING SELF**	Rating				**COMMUNICATION FOR IMPA**
25	Grit & Resilience					Audience Awareness
26	Proactivity					Writing Process
27	Time Management					Appropriate & consistent Voice
28	Prioritization Techniques					Organising for Effective Comm
29						Storytelling and Presentation
30	**LEADING OTHERS**	Rating				**ENTREPRENEURIAL THINKIN**
31	Empathy					Identifying Opportunities

+   ≡   **Foundations Tracker** ▾