

How Self-Aware Are You?

Read the following statements. **BE AS HONEST AS POSSIBLE** and circle your answers according to this guide:

0 - Not true for me 1 - Somewhat true for me 2 - Very true for me

Points to Remember:

- Self-awareness is when you realize that, although you are not the center of the universe, everything you say and do can affect those around you.
- Self-awareness allows you to control your attitude, manage your moods and choose behaviors that do not negatively impact your life or those around you.

“He who knows others is wise. He who knows himself is enlightened.”

~Lao Tzu



It's important for me to say exactly what's on my mind.	0	1	2
I have difficulty feeling and expressing anger, and then letting it go.	0	1	2
I don't feel it's important to praise the successes of others.	0	1	2
It's hard for me to communicate with people whose opinions and backgrounds are different from my own.	0	1	2
I know which people at work are weaker, slower and/or not as smart as I am and I am likely to use that information to get ahead.	0	1	2
I often find myself speaking without thinking, and sometimes say hurtful things.	0	1	2
I tend to respond to people who are angry by becoming angry myself.	0	1	2
I feel my co-workers benefit when I point out their errors or mistakes—it helps them to learn and do better.	0	1	2
Most people know that when I am mad they should stay out of my way.	0	1	2
I have strong opinions about most things and often find myself in disagreements or debates with others.	0	1	2
<p>When you are finished, add together all the numbers you circled and check the results page for your score!</p> <p>TOTAL SCORE</p>	<div></div>		