The 35-item self-leadership scale assesses your skills in the following aspects. They are important elements in self-leadership.

Please refer to the following answer cue and calculate your scores in each aspect when you complete the questionnaire.

1 = Not at all accurate

2 = Somewhat accurate

3 = A little accurate

4 = Mostly accurate

5 = Completely accurate

|  |  |  |  |
| --- | --- | --- | --- |
| **Aspect of Self-Leadership** | **Questions** | **Your Score** | **Maximum Score (out of)** |
| Self-reward | 2 + 7 + 12 |  | 15 |
| Self-goal setting | 1 + 6 + 11 + 15 + 18 |  | 25 |
| Self-punishment | 3 + 8 + 13 +16 |  | 20 |
| Self-observation | 4 + 9 + 14 +17 |  | 20 |
| Self-cueing | 5 + 10 |  | 10 |
| Natural reward strategies | 19 - 23 |  | 25 |
| Visualizing successful performance | 24 - 28 |  | 25 |
| Self-talk | 29 - 31 |  | 15 |
| Evaluating beliefs and assumptions | 32 - 35 |  | 20 |