

## CHECK YOUR IMAGE QUOTIENT

1. Do you think you inspire confidence in others through your appearance?

**Sometimes**

2. Do you face a problem in negotiating deals, closing sales & maintaining customer rapport?

**sometimes**

3. Do you feel uncomfortable in approaching people in social gatherings and networking meets and striking up a conversation?

**most of time**

4. Do you think people can identify your personality traits and values by looking at you?

**Most of time**

5. In personal, professional and social situations do you often feel that others get more opportunities even though you might be more deserving?

**rarely**

6. Do you often feel misunderstood by others and their perception of you is different than reality?

**sometimes**

7. Can you get people to accept your ideas easily?

**Always**

8. Do you often feel nervous in important situations?

**Most of the times**

9. Do you often feel intimidated by Boss/Spouse/Friends/Children?

**Rarely**

10. Do you often justify or make excuses for the way you look or appear?

**rarely**

11. Do you think people can identify your role by looking at you? For example, you are a senior manager, can people feel it before actually knowing?

**sometimes**

12. Do you have difference of opinions which leads to arguments with others?

**sometimes**

13. Do you attempt reconciliation after a fight?

sometimes

14. Do you really listen to people with empathy?

most of the time

15. Do you avoid conflict situations?

rarely

16. Do you generally experience emotional highs and lows

sometimes