

Personal Assessment

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.

Statement Response - 1 2 3 4 5 Less True More True

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 describe 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. _____

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.