



Self-Awareness Worksheet

Rate yourself and rate your team on a scale from 1 to 10 in the following categories:

	<u>Yourself</u>	<u>Your Team</u>
1. Maximizing Your Time	_____	_____
2. Giving Your Attention	_____	_____
3. Upholding High Standards	_____	_____
4. Embracing Discomfort	_____	_____
5. Doing What Needs To Be Done	_____	_____
6. Living Present	_____	_____
7. Doing The Little Things	_____	_____
8. Bouncing Back	_____	_____
9. Setting The Tone	_____	_____
10. Leaving Things Better	_____	_____
TOTAL SCORE:	<input type="text"/>	<input type="text"/>

What areas are most important for you to improve? What about your team?