**Self-awareness**

**1.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I’ve never really thought about my strengths and weaknesses | **1** | **2** | **3** | **4** | **5** | **6** | I am aware of my strengths and weaknesses |
|  | | | | | |

**1.a**

Please list some of your strengths and weaknesses

|  |  |
| --- | --- |
| **Strengths**: | **Weaknesses**: |
|  |  |

**2.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I don’t know what I want in the near future (within the next month) | **1** | **2** | **3** | **4** | **5** | **6** | I know what I want in the near future (within the next month) |
|  | | | | | |

**3.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I don’t know what I want in the long term (beyond next month) | **1** | **2** | **3** | **4** | **5** | **6** | I know what I want in the long term (beyond next month) |
|  | | | | | |

**3.a**

Please list your short term and long term goals

|  |  |
| --- | --- |
| **Short term**: | **Long term**: |
|  |  |

**Reactive – Proactive**

**4.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I am in control of my life – what I say, goes | **1** | **2** | **3** | **4** | **5** | **6** | My life is not in my control, it is controlled by other people/ situations |
|  | | | | | |

**5.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I accept my situation and get on with life | **1** | **2** | **3** | **4** | **5** | **6** | I motivate myself to improve my situation |
|  | | | | | |

**Learning How**

**6.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I don’t know how to get what I want or change my situation in life | **1** | **2** | **3** | **4** | **5** | **6** | I feel I am capable of getting what I want |
|  | | | | | |

**6.a This is because…**

**7**.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I have positive people influencing me in life | **1** | **2** | **3** | **4** | **5** | **6** | I am mainly surrounded by negative people influencing my life |
|  | | | | | |

**7.a Who has influenced you and how?**

**Empowerment**

**8.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I find it hard to find solutions when times are hard | **1** | **2** | **3** | **4** | **5** | **6** | I feel I can problem solve and find solutions to situations |
|  | | | | | |

**9.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| I find it hard to gather the energy to get past problems or issues | **1** | **2** | **3** | **4** | **5** | **6** | If I am knocked by a problem or issue, I bounce straight back |
|  |  |  |  |  |  |  |  |