

e) I am aware of my expectations of myself and others.

1 2 3 4 5

f) I usually focus on satisfying what I need to do rather than on what I want to do.

1 2 3 4 5

g) I actively reflect on and learn from my experiences.

1 2 3 4 5

h) I am open to others giving me feedback about how I can improve.

1 2 3 4 5

i) I am aware of when I feel inferior or superior to others and can re centre myself well.

1 2 3 4 5

j) I am clear about how my values guide my behaviour and decisions.

1 2 3 4 5

2. Behavioural Strength

a) I am usually able to see a task or project through to completion.

1 2 3 4 5

b) I am good at controlling my impulses for instant gratification.

1 2 3 4 5

c) I am good at managing my time to get things done.

1 2 3 4 5

d) I am usually on time and reliable with appointments.

1 2 3 4 5

e) I maintain my health in order to reach my business and personal goals.

1 2 3 4 5

f) I am able to change course on a task when presented with new information.

1 2 3 4 5

g) I usually get the timing of my actions just right.

1 2 3 4 5

h) I am good at planning for upcoming situations.

1 2 3 4 5

i) I usually don't take on too much work at once.

1 2 3 4 5

j) I usually follow up on enquiries promptly.

1 2 3 4 5

3. Mental Strength

a) Even during a long or complex task, I can concentrate throughout without letting my mind get too distracted.

1 2 3 4 5

b) I am good at negotiating with myself to get things done, before I give myself a reward.

1 2 3 4 5

c) I consciously motivate myself every day as a habit.

1 2 3 4 5

d) I can control my mental conversations during a task.

1 2 3 4 5

e) I can hold two contrary opinions without being stressed.

1 2 3 4 5

f) I can change my beliefs about someone or something when presented with contrary evidence to what I originally believed

1 2 3 4 5

g) I am good at learning whilst performing a task.

1 2 3 4 5

h) I am usually good at weighing up the costs and benefits of different options before I make a decision.

1 2 3 4 5

i) My expectations of myself are healthy and realistic.

1 2 3 4 5

j) I don't give up easily.

1 2 3 4 5

4. Emotional Strength

a) I am good at expressing myself emotionally.

1 2 3 4 5

b) I am good at managing my intense emotions.

1 2 3 4 5

c) I am usually aware of how I feel.

1 2 3 4 5

d) I can relax well before important meetings or presentations.

1 2 3 4 5

e) I don't dwell on possible negative outcomes.

1 2 3 4 5

f) I rarely complain about how difficult things are.

1 2 3 4 5

g) I tend not to worry about things that are unclear or uncertain.

1 2 3 4 5

h) I usually don't take things too personally or sensitively.

If you wish to delve into your self development further, take a look at our courses and coaching on www.petercharleston.com/courses