



How Well Do You Know The “Who Of YOU”?

Instructions: Answer each question according to how you feel by circling T for TRUE and F for FALSE. Don't agonize too long over your answers or over analyze them. In most instances your initial response is the correct one. Scoring instructions are at the end of the questions.

1. I am living my life as who I am, not what others expect of me. T F
2. I am aware of the difference between my needs and my wants. T F
3. I have few needs because I see to it they are met. T F
4. I am not driven by unmet wants. T F
5. I face my life head on. T F
6. I don't use caffeine, tobacco, alcohol, or drugs as a coping mechanism. T F
7. I have a financial plan and good methods in place to track my saving, spending, and investing. T F
8. I am aware of my purpose in life. T F
9. I know what issues, activities, settings, and kinds of people that interest me most. T F
10. I am well aware of my strengths and my weaknesses. T F
11. I can list my top three to five values in hierarchical order. T F
12. My career/job/place of employment is in alignment with my values. T F
13. I know what social issues I care most about and why. T F
14. I know the types of people that interest me most and why. T F
15. I am aware of when I need emotional support and what to do about it. T F



- | | |
|--|-----|
| 16. I am able to find healthy emotional support when I need it. | T F |
| 17. I can sustain my momentum during setbacks. | T F |
| 18. I overcome psychological blocks that hinder my progress. | T F |
| 19. I am aware of my boundaries and maintain them. | T F |
| 20. I have no trouble recognizing when I need to erect a new boundary. | T F |
| 21. I am aware of when and how I am evolving and growing. | T F |
| 22. I am aware of and respect my energy patterns such as when I need space or quiet vs. social activities. | T F |
| 23. I know anger is a normal emotion and how to handle it without over-reacting or stuffing/denying it. | T F |
| 24. I am aware of my self-talk and monitor its content and language. | T F |
| 25. I know my value. | T F |

Scoring Key: Total your *T* answers and then **total your *F* answers.** T _____ F _____

21-25 AWESOME! Congratulations, you are *intimately familiar* with who you are. Properly using this awareness will enable you to live authentically, pursue optimal dreams, goals, and ambitions for YOU. It also increases the likelihood of success in your endeavors and decreases the likelihood of your climbing a ladder of personal and/or professional success only to discover you've propped it up against the wrong wall.

16-20 Congratulations, you have a *good familiarity* with who you are and are well on your way being able to optimally match who you are with what you authentically want in your life. Keep at it. With a little more introspection, and possibly some coaching, your score will improve.

11- 15 Well done! You're *getting to know yourself* and are about halfway there, but have a ways to go to become so aware of who you are that life becomes much easier. You have some investigating to do and may want to consider hiring a coach to move your life forward in the best direction for **you**.

0-10 You *have some work to do*. If you want to get to know who you are in such a way that you rarely guess yourself, trust your instincts because they are spot on more most of the time, and have the utmost confidence in who you are and how you move through the world, you can raise this score. It will take a little time and work, but you can do it if you have the desire to raise the quality of your life. Working with a good coach would be very beneficial.