

ADAPTABILITY

Honestly answer these question and rank yourself. 5=Always 4=Frequently 3=Sometimes 2=Seldom 1=Never

Self Awareness

I can articulate my special abilities, talents and skills.	5	4	3	2	1
I know what I have to do to regain my confidence when I temporarily lose it.	5	4	3	2	1
I have a strong sense of self-esteem and generally feel good about myself.	5	4	3	2	1
I can identify and communicate my weaknesses and the ways that I work with or around them.	5	4	3	2	1
I have a vision for my life that gives it meaning and purpose.	5	4	3	2	1
I know what is important to me and use this knowledge in making decisions.	5	4	3	2	1

Professional and Personal Management

I take responsibility for managing my career.	5	4	3	2	1
I can see how my career fits into the bigger picture of my life plans.	5	4	3	2	1
I have a personal financial plan which I evaluate regularly based on my current situation.	5	4	3	2	1
I have contingency plans, a second option if my first doesn't work out.	5	4	3	2	1
I assess my strengths and weaknesses, outline ways to grow, and establish short and long range goals for my career.	5	4	3	2	1
I can market myself effectively, both inside and outside my organization.	5	4	3	2	1

Problem Solving and Decision Making

I have emerged stronger and have learned personal strategies to deal with change because of the changes in my life.	5	4	3	2	1
I can organize my surroundings and prioritize tasks, even in stressful times.	5	4	3	2	1
I can find and mobilize necessary resources in a crisis or new situation.	5	4	3	2	1
I can usually think of several alternatives to solving a problem.	5	4	3	2	1
When experiencing stress in one area of life, I can contain it within that area.	5	4	3	2	1

Attitude

I believe that I always have options and choices, even in difficult situations.	5	4	3	2	1
I generally approach life as an optimist.	5	4	3	2	1
I have a sense of humor. I can find things to laugh about even in dark times.	5	4	3	2	1
I understand there is growth in new experiences and enjoy learning from them.	5	4	3	2	1
I expect life to have ups and downs and not always go as I would like it to.	5	4	3	2	1
I don't spend time worrying about things that are out of my control.	5	4	3	2	1

Knowledge of Competencies

I would describe myself as a continuous learner.	5	4	3	2	1
I regularly spend time keeping my knowledge and skills current.	5	4	3	2	1
I know the skills that will be required in my profession in the next several years.	5	4	3	2	1
I know what others in my organization expect of me.	5	4	3	2	1
I know how my current skills are viewed by my boss, peers and organization.	5	4	3	2	1
I know which behaviors and attitudes are rewarded in my organization.	5	4	3	2	1

125-145 You've got seriously bendable abilities!

100-124 You'll do OK in Yoga, but need to work on yourself.

75-99 So, touching your toes is also hard? Start increasing your range of motion today!

Anything lower...you need serious help. Call a doctor! (Just kidding).

If your score is lower than you would like, take a look at the questions you've ranked yourself lower than 4. Obviously, those are the areas you want to work on developing.