



What Makes You Great Worksheet

Self-Assessment Worksheet

Self-Assessment

To discover your strengths and opportunities for improvement take this self-assessment to learn yourself better. You will discover ways to talk about strengths and opportunities for improvement if you first know what they are.

Completing this self-assessment will help you answer questions in an interview relating to past behaviors. It will also allow you to answer the dreaded weakness question because you have first identified your weaknesses and then ways to improve upon them.

Score yourself 1 to 10, 1 representing needs improvement and 10 signifying this is an area you excel in.

___ **Integrity:** Adhering to what is legal and what is right

___ **Problem Solve:** Ability to apply knowledge to real-world scenarios

___ **Team-player:** Function as a team, placing the success of the team first

___ **Growth:** Continually learn, grow, and innovate

___ **Emotional Intelligence:** Control over emotions in stressful situations



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___ **Drive:** Need for self-improvement and accomplish goals

___ **Resiliency:** Persevere when challenges arise

___ **Adaptability:** Learn new things, innovate, and adjust quickly

___ **Humility:** Confidence in abilities while also seeing value in others

How would you rank communication between you and your supervisors?

How would you rank communication between you and your subordinates?



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Past-Behavior

This is a time for you to reflect on the results from the self-assessment. It is important to learn how to talk about your strengths and opportunities for improvement.

Opportunities for Improvement scores 1-6

What are some examples of where a project or situation didn't go according to plan? What did you learn from that situation and how would you improve it for next time?

Strengths 7-10

Write down examples of things that you have done well and how your execution of those qualities drove positive results.

Weakness

What are the top 3 areas you need to improve on and what actions can you take to improve in these areas? (Answering this question and then acting on it will help you answer the weakness question in an interview)