

Self Awareness Assessment

Growth does not have finish line

How This Assessment Works

This assessment measures your self-awareness across **four research-backed dimensions** that matter most for leadership effectiveness.

Self-awareness is defined as *"the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards."*

Time to complete: 5-8 minutes

Instructions: Rate each statement on a scale from 1 to 10:

- **1-3:** I don't know this at all / Rarely true
- **4-6:** I somewhat know this / Sometimes true
- **7-8:** I know this well / Often true
- **9-10:** I know this completely / Always true

Assessment Questions

Dimension 1: Internal Self-Knowledge

1. I know my natural strengths and weaknesses as a leader. Rating: ___/10
2. I understand my core needs, fears and desires that drive my behavior. Rating: ___/10
3. I can identify what motivates me versus what creates stress in my role. Rating: ___/10
4. I have clarity about my long-term goals and aspirations. Rating: ___/10
5. I can clearly articulate my core values and how they guide my decisions. Rating: ___/10

Total: ___/50

Dimension 2: Attention & Mental Awareness

6. I can direct my attention where I want it, when I want it. Rating: ___/10

7. I notice when my mind is distracted or not fully present. Rating: ___/10

Total: ___/20

Dimension 3: Emotional & Physical Awareness

8. I can accurately read and understand my body's signals and responses. Rating: ___/10

9. I can precisely identify and name my emotions as they occur. Rating: ___/10

Total: ___/20

Dimension 4: External Self-Awareness

10. How I see myself aligns closely with how my colleagues see me. Rating: ___/10

Total: ___/10

Your Self-Awareness Score

Total Score: ___/100

What Your Score Means:

85-100: Highly Self-Aware You demonstrate exceptional self-awareness. When professionals improved their emotional self-awareness, 100% reported an improvement in

workplace effectiveness. Focus on mentoring others and maintaining this level.

70–84: Self-Aware You have strong self-awareness with room for growth. 79% reported more effective workplace relationships when they improved their emotional self-awareness. Target your lowest-scoring dimension.

55–69: Developing Self-Awareness You're building good foundations. 86% reported an improved ability to identify and manage their emotions after working on self-awareness. Pick 1-2 areas to focus on first.

40–54: Emerging Self-Awareness You're at the starting point of an important journey. 81% reported a link between their improved emotional self-awareness and a reduction in stress. Consider structured development support.

Below 40: Foundation Building Needed Self-awareness is a learnable skill. Research shows significant benefits await – start with one dimension that resonates most with you.

Here are 5 ways to improve your score.

1. Use a psychometric tool (DISC, Myers-Briggs, or Insights Discovery)
2. Practice 5–10 minutes of daily mindfulness
3. Start a daily reflection journal asking: "What motivated my decisions today?"
4. Ask for specific feedback from 3 trusted colleagues
5. Practice the body scan technique

Book Call - Hello@victuspeople.com

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