

ACCURATE SELF-ASSESSMENT WORKSHEET

The following exercise is designed to make a realistic comparison between your ideal expectations and what you really are.

The following table has ten characteristics that contribute the most in getting success for people. You are instructed to rate your role model on each parameter on a scale of 1 to 10, with 1 being the lowest and 10 being the highest. After that, you have to give yourself a rating on the same parameters.

This is to give you a self-realization on how realistic your expectations of yourself are. In case you are realistic in your expectations, it will help you to know how far you stand from your goal and what steps you are supposed to take to achieve it.

S.No.	Characteristics	Role Model	You
1	Physical Appearance		
2	Relating to Others		
3	Personality		
4	Perception in Other's Minds		
5	Performance at Work		
6	Performance at Home		
7	Problem-Solving		
8	Capacity of Learning		
9	Insightful Observation		
10	Skills Needed to Succeed		

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