

How Successful People Get Better

Self-Assessment

Circle the number that best describes your current behaviors:

1. How many times in the past month have you asked for feedback on something you did?

1	2	3	4	5
0 times	1-2 times	3-5 times	6 -10 times	Over 10 times

2. How many times in the past month have you asked for suggestions on how to improve something?

1	2	3	4	5
0 times	1-2 times	3-5 times	6 -10 times	Over 10 times

3. How often would others say you listen well?

1	2	3	4	5
Never	Sometimes	Frequently	Most of the time	All the time

4. How frequently do you say “thank you” when others give you feedback or suggestions?

1	2	3	4	5
Never	Sometimes	Frequently	Most of the time	All the time

5. How often do you think about the costs and benefits of your actions/behaviors before action?

1	2	3	4	5
Never	Sometimes	Frequently	Most of the time	All the time

6. How often would others say you are defensive when you respond to their feedback or suggestions?

1	2	3	4	5
All the Time	Most of the Time	Frequently	Sometimes	Never

7. How many people would say they are involved in helping you improve as a leader and have been recognized for it?

1	2	3	4	5
No One	1 - 2	3 - 5	6 - 10	Over 10

8. How effective have you been in changing your behavior as a leader?

1	2	3	4	5
Ineffective	Somewhat Ineffective	Somewhat Effective	Most of the Time	Highly Effective

9. To what extent would others describe you as following-up with them on your efforts to improve as a leader?

1	2	3	4	5
Never	Sometimes	Frequently	Most of the time	All the time

Total Score: _____ (Range of scores 9 – 45) A higher score indicates that you are effectively involving stakeholders in your leadership growth process.