

Personal Development Worksheet

Live Life You Love!

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Self-Awareness

Please identify where you feel you are currently on the following scales. This will help you become more self-aware of your current situation.

Self Esteem

Low 1 2 3 4 5 6 7 8 9 10 High

Happiness

Depressed 1 2 3 4 5 6 7 8 9 10 Happy

Assertiveness

Timid 1 2 3 4 5 6 7 8 9 10 Assertive

Calmness

Explosive 1 2 3 4 5 6 7 8 9 10 Calm

Life Stresses

Out of Control 1 2 3 4 5 6 7 8 9 10 Controlled

Time Management

Disorganised 1 2 3 4 5 6 7 8 9 10 Organised