



Self Knowledge Assessment

Just because you walk around all day inside your own skin does not mean that you know yourself well. In fact, most of us tend to assume that we know ourselves much better than we actually do! Getting to know yourself will be of value in many areas of life – choosing a career path, enhancing relationships, gaining joy and fulfillment out of life.

If you suspect that there may be more to know about you that meets your own eye, completing a simple assessment like the one below is the best way to get started. And if, after completing the assessment, you discover that you want to get to know yourself better, many have found Life Coaching to be an excellent way to unfold self-knowledge and find the satisfaction you seek.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Self Knowledge Assessment report.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
 Less True More True

1. I am <i>not</i> able to list out my top five greatest priorities in life.	
2. I frequently wonder where my life is heading and where I want it to go.	
3. Most days, I do <i>not</i> know exactly what I want for myself.	
4. If asked to describe myself in one sentence or less, I would have some difficulty.	
5. I am sure that other people know themselves better than I know myself.	
6. I often feel like my identity changes and I do <i>not</i> have a consistent sense of self identity.	
7. I do <i>not</i> have a mission statement for my life which I use to guide my decision making processes.	
8. When I think about what is most important to me, I sometimes feel unsure, but want to figure it out.	
9. I often find myself feeling envious of others who seem to know what they want out of life and who go for it.	



10. I think that my life would be better if I was more self-assured and knew exactly what I have to offer the world.	
11. I commonly have thoughts like, "Things would be easier if I had a clear sense for what I really want."	
12. If asked to list the top 3 adjectives that describe my personality, I would have difficulty.	
13. It would be hard for me to clearly articulate what I can offer to my job or my relationships.	
14. I sometimes feel a bit like a chameleon, I seem to change when I am with different people or when I am in different environments.	
15. I have recently been asked by others something along the lines of, "well, what is it that you really do want?"	
16. When I feel upset, it is common for me to start thinking that it is because I am unsure of myself, my values, and what is truly important to me.	
17. I really do not like that common question that is asked at interviews about describing your three greatest strengths and three greatest weaknesses. That question is (or would be) very difficult for me.	
18. I have a hard time taking risks and going after what I want.	
19. Others have told me that they are sometimes unsure what to expect from me or that I send mixed messages.	
20. On a typical day, I do <i>not</i> look at the bigger picture of my life when making decisions.	
21. I do <i>not</i> have a clear purpose for each of the different areas of my life (such as work, friendships, fitness, family, etc.).	
22. I am unsure of where exactly I want to be within the next five years.	
23. I often struggle with introducing myself to others because I'm not sure what to say about myself.	
24. I would <i>not</i> be able to tell someone what my strongest personality characteristics and traits are.	
25. I sometimes have problems in my relationships because others do not feel exactly clear on what I want and what I expect from them.	



26. I avoid talking about myself sometimes because I do not know what to say and do not feel confident in my strengths.	
27. My future looks unclear to me. I am not sure where I will be or what my strongest aspirations are.	
28. When I think of what really drives me and motivates me, I sometimes feel confused.	
29. I would like to have a better sense of who I am inside and feel more confident.	
30. Many times I think that what I am is not really what I want to be, but I'm not sure what or how to change.	

My Name Is:	
My Email Address Is:	

Look forward to your Self Knowledge Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center (**[hyperlink to website](#)**)



Score Interpretations

Total Score 113-150

This score indicates a high likelihood that you do not know yourself very well. It is possible that your values, beliefs or priorities have recently changed and you have not yet adjusted, or that you are starting to become aware that you do not have a solid sense of what is most meaningful for you. Not knowing yourself very well can cause you some distress and discomfort, and you are likely to recognize that you could be more fulfilled if you better knew what you want out of life. You may feel envious of others who appear to be very confident and self aware. With some work, you can start to develop a more solid, consistent sense of identity, values, and goals.

Total Score 75-112

Your score indicates that you may feel that you do not know yourself as well as you could. You may feel more confident and secure in some areas of your life than others. It is likely that you want to have a very clear vision for your life and specific goals to follow your purpose. You may have experienced some indecision lately due to a lack of a clear vision for your future. You may feel that you change when you are around different people or in different situations and that you would like to develop a greater sense of consistency. If you can recognize the areas in which you know yourself best and then start to further develop the areas where you are less in touch with yourself, you can experience significant growth in self awareness.

Total Score 38-74

This score indicates that you may have some confusion about certain aspects of yourself, but that you know yourself pretty well overall. There may be a couple areas which are less clear than others; however, you are very clear in certain areas. You may want to develop these less certain areas and work on creating solid goals for the future. You are likely to be pretty



confident in your abilities and able to articulate what is most important to you. You are also likely to be pretty consistent in the way that you present yourself across various situations. Work on the few areas where you are less in touch with yourself and your self awareness will be excellent.

Total Score 0-37

The assessment results indicate that you know yourself very well. You are likely to have a clear mission for yourself and to know how your various activities fit together and help you to get where you want to go. You are probably confident in your abilities and able to describe yourself and your goals very clearly. You are someone who knows what you want and you are not afraid to go after it. Your knowledge of yourself, your aspirations, and your values are all strong. It is likely that you are well aware of your weaknesses in addition to your strengths, and that you work to address them. You know what is meaningful and important to you. You can be considered a person who is more self-aware than most people.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

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