SELF-ASSESSMENT WORKBOOK

Personal Leadership Check-In

A reflection tool — not a scientific test or psychological diagnosis. Choose the statement that best represents your current actions.

Clarity

I can explain in one sentence how I hope to contribute to other people.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Consistency

My choices reflect my most important values.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Discipline

I keep my commitments even when I feel less motivated.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Communication

I can respectfully and clearly express disagreement.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Listening

I check that I understand someone before I respond.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Responsibility

I acknowledge mistakes and take useful action.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

Impact

I can identify at least one concrete outcome from my efforts.

Never 1 · Rarely 2 · Sometimes 3 · Often 4 · Consistently 5

My example: _____

INTERPRET YOUR ANSWERS WITH CARE

This is a personal reflection tool, not a validated assessment. Do not reduce your worth to a score. Choose two areas where concrete action would have the greatest positive effect.

My two priorities: 1. _____ 2. _____

One action I will take within 72 hours: _____

Explore the MILEONE programmes and request information through the website.