



IGNITE YOUR W.I.N. SELF DIAGNOSTIC

1 Rate your agreement with each statement below:

I HAVE A CLEAR UNDERSTANDING OF MY PERSONAL VALUES.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I REGULARLY EXAMINE MY LIFE EXPERIENCES TO SEE HOW THEY HAVE SHAPED MY BELIEFS AND BEHAVIORS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I ANALYZE SITUATIONS BEFORE REACTING TO THEM EMOTIONALLY.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I AM AWARE OF HOW OTHERS PERCEIVE ME IN PROFESSIONAL AND SOCIAL SETTINGS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I AM ENERGIZED BY THE ENVIRONMENTS I FREQUENTLY FIND MYSELF IN.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

MY DAILY HABITS AND ACTIVITIES ALIGN WITH AND CONTRIBUTE TO WHAT ENERGIZES ME.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I HAVE IDENTIFIED MY KEY TALENTS AND SKILLS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I SEEK FEEDBACK ON A REGULAR BASIS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I CAN EASILY READ THE DYNAMICS OF PEOPLE OR GROUPS IN SOCIAL OR PROFESSIONAL SETTINGS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

I REGULARLY ENGAGE IN COACHING AND/OR MENTORING OTHERS.

5	4	3	2	1
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STRONGLY AGREE

STRONGLY DISAGREE

2 Add your score from each question to calculate your total score.

TOTAL _____

3 On the following page, gain deeper understanding of your score range and get recommendations for your development.



IGNITE YOUR W.I.N.

UNDERSTANDING YOUR RESULTS

- These summaries provide a general guideline for interpreting the scores from your assessment.
- It's important to remember that self-awareness is a continuous journey, and these scores can serve as a starting point for personal growth and development.

NOTES

50-41: HIGH AWARENESS

If you scored in this range, you demonstrate a high level of self-awareness. You are clear about your personal values, understand how your life experiences have shaped you, and are adept at reading and adapting to different environments and social dynamics. You have a good grasp of your talents and strengths, consistently apply them effectively, and are often engaged in mentoring or coaching others. You are likely to be proactive and intentional in your actions, showing a strong alignment between your habits, values, and what energizes you.

RECOMMENDATIONS

- Make sure you have a clear development plan and goals and review them weekly.
- Seek feedback from trusted advisors to ensure you are staying on track with goals.
- Stay open to mentoring others as this can help create an environment of positivity and lifelong learning.

40-31: ABOVE AVERAGE AWARENESS

If you scored in this range, it indicates you have a strong sense of self-awareness with room for further development. You are generally aware of your values, talents, and impact of life experience. You typically understand how you are perceived by others and can read social and professional environments well. However, there may be some specific areas where you could increase your awareness. To identify those areas, check the assessment to see where you scored the lowest.

RECOMMENDATIONS

- Engage self-reflections practices focusing on specific areas that need improvement.
- Journal your thoughts and experiences each day to bring greater awareness to your mindset.
- Identify personal development workshops that focus on identified areas of development.
- Find a mentor or coach to help you discover insights on your strengths and areas of development.
- Seek feedback from a trusted advisor

30-21: MODERATE AWARENESS

If you scored in this range, you have a moderate level of self-awareness. You may have some understanding of your personal values and talents but might not consistently apply or align them with your daily actions. There could be a gap in your ability to read situations and know how you are perceived by others. This range suggests that while there is a foundation of self-awareness, you have significant areas that could benefit from further reflection and development.

RECOMMENDATIONS

- Begin to seek feedback on a regular basis to identify areas of strength and development.
- Consider writing a vision statement for yourself and review it regularly with your mentor.
- Journal your thoughts and experiences each day to bring greater awareness to your mindset.
- Consider workshops that cover areas, such as emotional intelligence and communication to build more awareness.
- Seek out a mentor to help discover personal insights.

