



Self-View Analysis

Intro

This is not a personality test and it does not define who you are. The point of this exercise is to reveal how you see yourself to.. yourself. How we see ourselves is often subconscious or semiconscious. Answered honestly, this tool can make you conscious and aware of how you see yourself. Then, if you want to change that view, you can.

Self-view Questions

Do I like who I am most of the time?

Am I content with my life or do I feel there is something missing?

What are some of the best things about me?

What are some of the worst things about me?

Do I recover from failure or disappointment?

Do I deserve success?

Can I improve myself?

Can I be trusted, relied upon?

Do I have true friends or loving family or am I alone?

Do I do things for myself or am I over reliant on someone else?

Is there anything that controls me, do I have any addictions?

What do I want to accomplish within the next month?

What do I want to accomplish in the next five years?

What have I done that I am proud of?



Self-view – Who you think you are (attributes)

Look at the following attributes and pick/add the ones that describe you. These are neutral, neither good nor bad, so don't hesitate if you think they fit.

restless	relaxed	leader	follower	strong	smart
reserved	outgoing	adventure seeking	comfort seeking	open	closed
nerdy	cool	curious	content	peaceful	agitated
opinionated	passionate	organized	tough	kind	friendly

Self-view - How you feel (common feelings)

Look at the following feelings and pick/add the ones that you feel often or feel very strongly.

confident	unsure	strong	weak	empty	hopeful
in control	being controlled	peaceful	in turmoil	angry	calm
smart	dumb	focused	distracted	overwhelmed	worried

Now, to analyze the results you need to step out of yourself a moment and pretend you are looking at someone else. Look back at what you answered/picked and put it all together into one person. This is how you see yourself. Is there anything about this person that surprises you? Do you believe this is the person can achieve the goals and dreams you have? If not, focus on which things might be holding them back, are they accurate descriptors or you being too hard on yourself? If they are accurate, how can you change them? You can get an outside opinion from a trusted friend to help.

Dream big my friend!