

Self-Assessment Worksheet

Review the results you obtained using the self-assessment questionnaires and list the issues/areas below which you consider to be most in need of attention.

Issue/Area	Rank by importance out of 5
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Take two or three items with the highest ranking and prepare Goals for them using the Grow Model. When you have achieved your Goals for these items, you can consider preparing Goals for the next highest ranking items