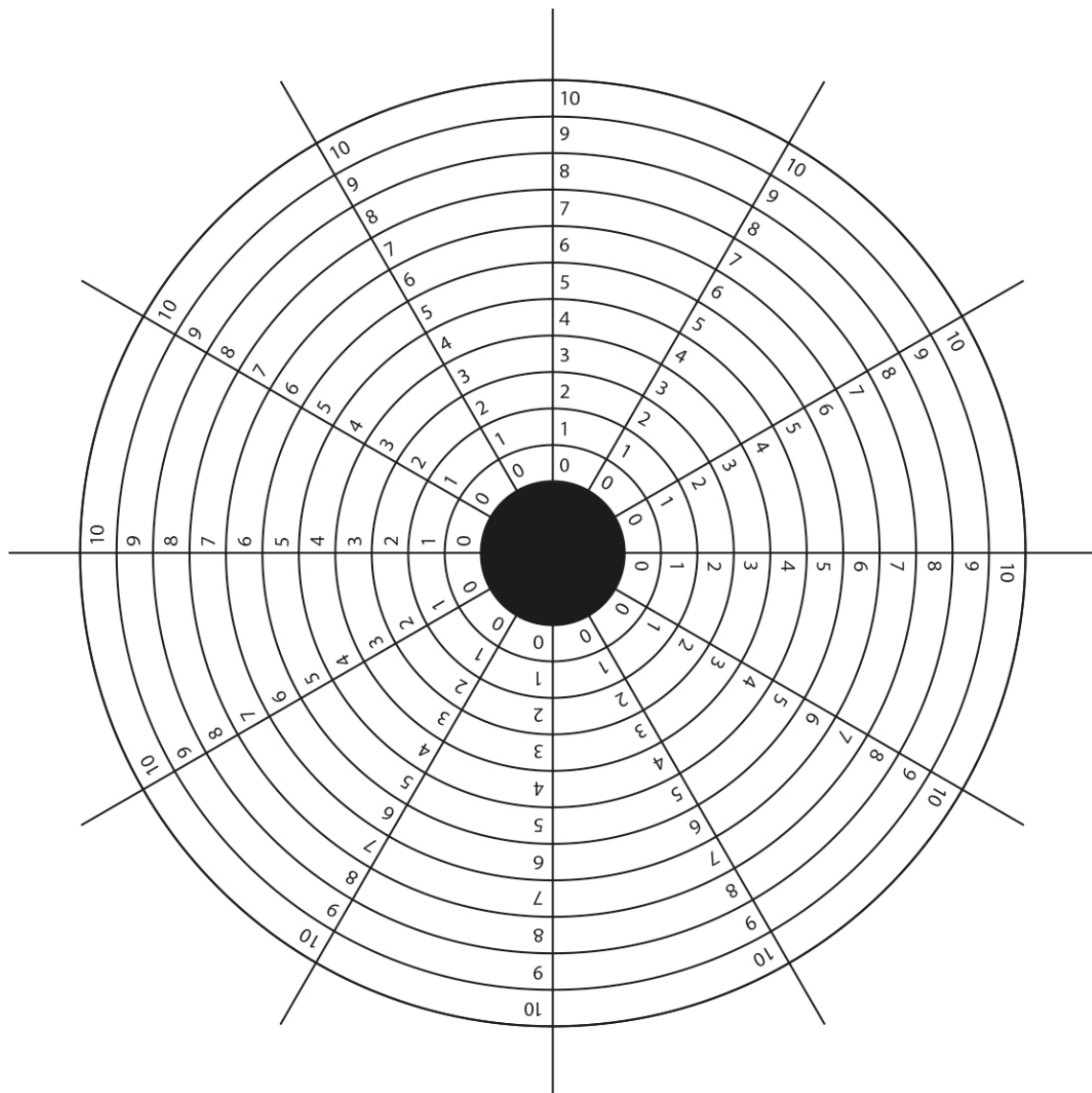


SELF-ASSESSMENT EXERCISE

Before deciding where to direct your attention, it is always helpful to notice what is happening in the present moment. This exercise aims to facilitate self-perception in both personal and professional aspects of a person's life.

Think on the Emotional Intelligence concept by Daniel Goleman and the different skills and abilities that compose it, I propose you assess your current state. Following are the areas I believe can be useful for this exercise, but feel free to include or change aspects you would like to look at in your specific case: Awareness of Emotions, Understanding of Emotions, Self-control, Adaptability, Awareness of motivation factors, Ability to self-motivate, Resilience, Empathy, Recognize emotions in others, Active Listening, Communication skills, Leadership/Influence skills.

1. Place one area in each "slice" of the wheel.
2. Rate (and fill in, to create a visual image), on a scale from 0 to 10, how satisfied you are with the level of development of each area of your professional life.





#perspectivate

Now answer the following questions based on the wheel you completed:

1. What becomes clear when you look at the image of your fully completed wheel?

2. Who is the person who has this wheel? What does this wheel say about you?

3. What will happen if this wheel remains as it is?

4. For the areas with values different from what you would like, what value would you like to reach in the short/medium term? (mark it on the wheel with a different color)

5. For each area, indicate what will be happening at the new value you defined that is not happening at the initial value.

6. Which area, if changed, will have the greatest impact on the entire wheel? What is the leverage area?

7. What is the goal you want to set for this specific area?

8. What is the first action step to take, and when do you want to do it?
