



[WORKSHEET]

THINGS ABOUT ME: SELF ASSESSMENT

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Things About Me: Self Assessment

[WORKSHEET - Introduction]

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Complete the following self-assessment worksheet as honestly as you can.

Just write down whatever comes to mind; don't overthink the exercise. Most likely, your first response will be your best.

Once you've finished the exercise, look for patterns (i.e., is there a need for a business doing one of the things you like or are good at?).

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1. List at least 5 things you like to do or are good at:

2. List 5 things you are not good at or you don't like to do:

3. List 3 products or services that would improve your personal life:

4. List 3 products or services that would improve your business life:

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5. When people ask what you do, what's your answer? (List one occupation or whatever mainly occupies your week.)

6. List 5 things you enjoy about your work:

7. List 5 things you dislike about your work:

8. When people tell you what they like most about you, they say:

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9. Some people dislike the fact that you:

10. Other than your main occupation, list any other skills you possess, whether you excel at them or not:

11. In addition to becoming more financially independent, you would also like to be more:

12. Write down 3 things you want to see changed or improved in your community.: