

Measurable Results LLC

# SELF-DESCRIPTION PROFILE

Clearly define what may be holding you back. It's with awareness that you can make the necessary changes to achieve the success that you want.

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President and Chief Change Officer

*Developing Potential- Improving Lives and Business Results*



# SELF-DESCRIPTION PROFILE

NAME \_\_\_\_\_ DATE \_\_\_\_\_

INSTRUCTIONS: Circle the number that represents what you feel best describes you for each quality.

		DESCRIPTION									
		POOR					EXCELLENT				
1.	I tend to view most problem situations as an opportunity for growth rather than as pitfalls to be avoided.	1	2	3	4	5	6	7	8	9	10
2.	I begin each day filled with optimism.	1	2	3	4	5	6	7	8	9	10
3.	I possess a high degree of self-confidence.	1	2	3	4	5	6	7	8	9	10
4.	I profit from mistakes, and have little fear of failure.	1	2	3	4	5	6	7	8	9	10
5.	I am a person who creates opportunities rather than waits for them.	1	2	3	4	5	6	7	8	9	10
6.	I am very creative in finding solutions to all types of problems.	1	2	3	4	5	6	7	8	9	10
7.	I believe the majority of people are willing to be helpful when they are asked.	1	2	3	4	5	6	7	8	9	10
8.	I possess a clear concept of what I want to get out of my life.	1	2	3	4	5	6	7	8	9	10
9.	I live my life with a strong sense of purpose and direction.	1	2	3	4	5	6	7	8	9	10

10. I expect to be a highly successful individual. 1 2 3 4 5 6 7 8 9 10
11. I have very little tendency to worry and have self-doubt. 1 2 3 4 5 6 7 8 9 10
12. I regard myself as a decisive and definitive individual. 1 2 3 4 5 6 7 8 9 10
13. I am a person who takes immediate action rather than procrastinates. 1 2 3 4 5 6 7 8 9 10
14. I have a large reservoir of undeveloped ability on which to draw. 1 2 3 4 5 6 7 8 9 10
15. I always fully complete whatever I begin. 1 2 3 4 5 6 7 8 9 10
16. My self-concept is very favorable. 1 2 3 4 5 6 7 8 9 10
17. I have the motivation and capabilities not to be limited or restricted by my past. 1 2 3 4 5 6 7 8 9 10
18. When I decide what I want, I most often get it. 1 2 3 4 5 6 7 8 9 10
19. I regard myself as a self-starter. 1 2 3 4 5 6 7 8 9 10

