



## Personality Self-Evaluation

Rate yourself on the following areas of your character and personality. Instead of asking if you think you possess a certain character trait, we have written statements which contain an emotion or feeling. Just read the statement and evaluate whether or not you agree with that statement or strongly don't agree. If you have had those thoughts frequently, then you would mark "totally agree." If you never in a million years have that thought, you would mark "I don't agree". If you are somewhere in the middle, just mark "sometimes."

Don't overthink it, just read it and check the emotion that occurs inside your body.

This is the first step in completing the PRISM Life Design assessment tool with accuracy. Once you are complete with this self-evaluation, watch the next video in the series and then schedule yourself into the upcoming workshop on this topic. We will review these questions and the common strengths and roadblocks which are commonly found in other clients.

The result of this inquiry will give you insight into some of your strengths and might highlight any areas that could be improved or worked on in the coming month.

1. I have a terrific sense of self-esteem and total certainty I am enough and can get what I want.

I don't agree

Sometimes

I totally agree.

2. I feel a fear of losing control and a need for perfection.

I don't agree

Sometimes

I totally agree.

3. It hurts when someone criticizes my clothes, hair, or the way I look. I am very sensitive and often get defensive when criticized.

I don't agree

Sometimes

I totally agree.

4. I often feel that the opinions of other people are just wrong. People have often called me stubborn.

I don't agree                      Sometimes                      I totally agree.

5. I find change uncomfortable and often feel that I don't have the ability to get what I want.

I don't agree                      Sometimes                      I totally agree.

6. It seems that very often when I get close to success or crossing the finish line on a major project, it gets derailed or I sabotage it.

I don't agree                      Sometimes                      I totally agree.

7. I constantly worry about my significant other cheating on me or leaving me.

I don't agree                      Sometimes                      I totally agree.

8. I am not comfortable being 100% authentic with my words. I find it easier to lie or avoid telling people information that might cause them pain or alter my plans.

I don't agree                      Sometimes                      I totally agree.

9. I often feel gloomy or an unexplained sadness. It seems like the future is not bright.

I don't agree                      Sometimes                      I totally agree.

10. I spend a lot of time thinking about the past and having negative or critical thoughts about myself.

I don't agree                      Sometimes                      I totally agree.

11. When I get into a relationship and it gets serious, I get nervous about getting hurt again. I think I have a fear of trust.

I don't agree                      Sometimes                      I totally agree.

12. I have often been accused of not listening or not hearing what people say.

I don't agree                      Sometimes                      I totally agree.

13. I put things off that I should get done. I'm a bit lazy and procrastinate.

I don't agree                      Sometimes                      I totally agree.

14. The glass is half full, not half empty. I'm confident my future is bright.

I don't agree

Sometimes

I totally agree.

15. I expect people to listen to my opinions and I'm a person of significance and importance.

I don't agree

Sometimes

I totally agree.

16. I have an abundant of energy and vitality. I get very excited about projects and often enroll other people into my plans.

I don't agree

Sometimes

I totally agree.

17. I have a sense of strong certainty that I can get what I want. I like myself and I think I am good enough.

I don't agree

Sometimes

I totally agree.

18. I always have the energy to finish projects. I would say I have determination.

I don't agree

Sometimes

I totally agree.

19. I am not comfortable selling things or asking for money. It seems like when asked to do things that might end up with "rejection" or a "no", I want to avoid situations like that.

I don't agree

Sometimes

I totally agree.