# Self-Assess

## Emotional Fitness

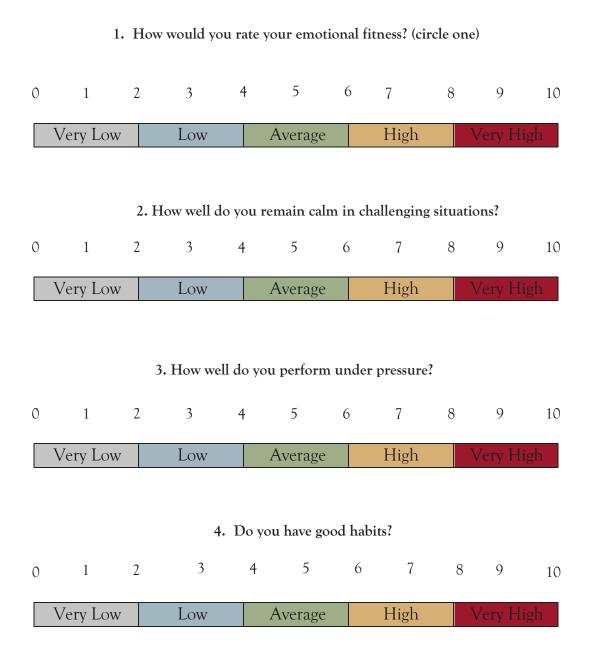| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| Very Low | Low | Average | High | Very High |
|---|---|---|---|---|

**Name**

_____

**Date**

_____

# On a scale of 1-10 (with ten being high) how would you currently rate yourself:

**1. How would you rate your emotional fitness? (circle one)**

0    1    2    3    4    5    6    7    8    9    10

| Very Low | Low | Average | High | Very High |
|---|---|---|---|---|

**2. How well do you remain calm in challenging situations?**

0    1    2    3    4    5    6    7    8    9    10

| Very Low | Low | Average | High | Very High |
|---|---|---|---|---|

**3. How well do you perform under pressure?**

0    1    2    3    4    5    6    7    8    9    10

| Very Low | Low | Average | High | Very High |
|---|---|---|---|---|

**4. Do you have good habits?**

0    1    2    3    4    5    6    7    8    9    10

| Very Low | Low | Average | High | Very High |
|---|---|---|---|---|

**5.  How introverted are you?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**6.  How extroverted are you?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**7. How well do you handle stress?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**8. How well do you think before you act?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**9. Do you try to say "Hmm, how interesting!"?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**10. How well do you prepare for the unthinkable?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**11. How often do you step out of your comfort zone?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**12. How often do you rehearse your reactions?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|

**12. How well do you work on your leadership?**

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|

| Very Low | Low | Average | High | Very High |
|----------|-----|---------|------|-----------|