

# How Well Do I Know Myself?

You're the judge of how well you know yourself. On a 1-10 scale, how well do you feel you understand these elements of who you are?

Element of Self	Description	Rating (1-10)	Thoughts, Reflections, Evidence
<b>Beliefs</b>	I know my core values and see how they guide my behavior. I am aware of when I'm operating from my values, and I make decisions that align with them.		
<b>Personality</b>	I am aware of my personality tendencies and the impact they have on my life and work. I can make decisions about what I do and how I work that play to my personality.		
<b>Strengths and Aptitudes</b>	I know what I'm good at and what my strengths and skills are. I make choices that allow me to play to my strengths and to develop areas in which I'm not strong.		
<b>Sociopolitical Identity</b>	I understand who I am socio-politically, and I am aware of how this construction impacts me in a professional context.		
<b>Psyche</b>	I am aware of my emotions, and I understand them. I have healthy strategies to respond to and express my emotions that work for me.		

In which area do you feel most confident? How do you think you came to know yourself in this area?

In which area do you most want to do further learning? How might you benefit from doing more learning in that area?