

's Self-Assessment

Why Complete a Self-Assessment?

Completing a self-assessment takes a snapshot of your life, where you are at right now, and helps you to determine what's important to you at this moment.

Directions

In each space, reflect on what's going on in your life in each of these parts of your life. Write a few words or phrases that capture what it is happening or needs to change.

Measuring Progress

In a few months (and without looking at previous self-assessments) complete another one to see where you are at. What changed? How are things the same or different? What do you want to work on?

The diagram is a circular self-assessment form. It consists of ten outer circles arranged in a ring, each containing a label and three horizontal lines for writing. The labels are: Personal Responsibilities, Financial Responsibilities, Values, Goals and Priorities, Health, Motivations, Interests, Needs, Spirituality, and Leisure Activities. In the center of the ring is a circle labeled 'Date of Assessment'.



Self-Assessment by Unknown. Adapted by Social Work Tech (2014) | Ignacio Pacheco
This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.
Based on a work by Lazarus, A. (1996). *Behavior therapy & beyond*. New York, NY: Jason Aronson, Inc.
Permissions beyond the scope of this license may be available at socialworktech.com/about

