Date:

*In this form I have some questions for you. These are important questions so just write down your thoughts as you ponder them. Be honest!*

*Green: You feel confident that your skills set in this area is good.*

*Yellow: You might be a bit weak here*

*Red: You are definitely lacking*

*Then, rearrange the line items putting all the red ones up top.*

|  |  |  |
| --- | --- | --- |
| **Question** | **Your answer** | **High light this section**  **Red, Yellow, Green** |
| How well do you embrace change? |  |  |
| Do you need to work on this? |  |  |
| What are the complaints that others make about you? |  |  |
| How well do I handle criticism? |  |  |
| Do I need to do better at handling feedback? If you can’t handle criticism then go get the criticism form and walk through the activities |  |  |
| Ask someone else how well they think you embrace change and write your answer here. |  |  |
| Ask someone else how they feel you might need to change. Home/work |  |  |
|  |  |  |
|  |  |  |
| ***In the section below write out a statement committing to make the needed changes in a timely manner.*** | | |
|  | | |
| ***WHAT ELSE?*** | | |
|  |  |  |
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