

SELF ASSESSMENT QUIZ

Please take a moment to respond honestly to each statement, awarding a score between 1 – 5 for each where 5 is absolutely, definitely, oh yes! and 1 is nope, no way, not me!

There is no right or wrong, it is simply an opportunity to consider how open you are to change.

I consider myself adventurous and actively seek out new experiences

I take time to listen to the other person's view and perspective

I like to experiment with new ways of working, just to see

I cannot actively engage in an idea without having all the details to hand

I sometimes doubt my ability to cope with new ways of working

Others see me as being open, flexible and welcoming of ideas

I focus on things I can do something about and let other stuff go

My self talk is encouraging and optimistic

I like to collaborate with others and discuss matters openly

I have an attitude of natural curiosity that means I ask questions and seek information

I manage negative emotions well

I am not afraid to speak up when I am unsure or uncomfortable

It isn't always necessary to have the full facts and figures before taking action

I am able to think positively and find the good in most situations

I adapt quickly to change and love the adrenaline rush

Now add up your scores out of a possible total of 75.

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| 60 – 75 | Your score suggests you are highly adaptable and open to change, and your enthusiasm for adventure and innovation could be contagious if used appropriately! |
| 45 – 59 | People will appreciate your positive approach and feel reassured that you are more optimistic than not – if you feel you have answered “sometimes” to a lot of the questions, try to pin point areas where you could increase your response to a definite rather than a maybe. |
| 30 – 44 | You probably come across as being somewhat reluctant to change and this might give people an impression that you are not willing to explore ideas. Take a look at where you scored 3 or less and see what would need to change for you to be more open and positive. |
| 1 – 29 | It seems that you are not a great fan of change and may be reluctant and resistant, perhaps even refusing change on occasions. Think about how you might need to adapt your approach to help you feel more comfortable and confident with change, in a world where nothing is constant except change any more. |