



# How Successful Leaders Improve Self-Assessment

Circle the number that best describes your current behaviors:

1. **How many times in the past month have you asked for feedback on something you did?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
2. **How many times in the past month have you asked for suggestions on how to improve something?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
3. **How often would others say that you listen well?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
4. **How frequently do you say, "thank you" when others give you feedback or suggestions?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
5. **How often do you think about the costs and benefits of your actions/behaviors before acting?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
6. **How often would others say you are defensive when you respond to their feedback or suggestions?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
7. **How many people would say they are actively involved in helping you improve as a leader and have been recognized for it?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
8. **How effective have you been in changing your behaviors as a leader?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times
9. **To what extent would others describe you as following-up with them on your efforts to improve as a leader?**  

1	2	3	4	5
Zero	1-2 times	3-5 times	6-10 times	Over 10 times

**Total Score: \_\_\_\_\_ (Range of scores 9-45)**

A higher score indicates that you are effectively involving stakeholders in your leadership growth process.

For questions, please see Sandi Lindgren, Certified Executive Coach MG-SCC

