

# '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 smaller circles arranged in a ring, each containing a category name and three horizontal lines for writing. The categories are: Personal Responsibilities, Financial Responsibilities, Skills, Values, Goals and Priorities, Interests, Health, Motivations, Needs, and Spirituality. In the center of the ring is a larger circle labeled 'Date of Assessment' with a horizontal line for writing.



Self-Assessment by Unknown. Adapted by Social Work Tech (2014) | Ignacio Pacheco

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