



Human Behavior & Performance

SELF-ASSESSMENT

We are all a work in progress. Growth doesn't begin with effort—it begins with awareness. This self-assessment is not about choosing what you wish to be, but what you honestly are right now. Being truthful gives you something real to work with—and that's where real growth happens. Don't overthink it. Trust your gut. Reflect on how you typically show up, not how you hope to.

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Take the Assessment

For each category below, rate how often the behavior applies to you:

1	2	3	4	5	6	7
Never	Rarely	Occasionally	Sometimes	Often	Usually	Always

1. SELF-CARE & SELF-MANAGEMENT

How often do I...

- Reflect on how my behaviors affect others 1 2 3 4 5 6 7
- Take action to manage stress or fatigue 1 2 3 4 5 6 7
- Set goals and use my time efficiently 1 2 3 4 5 6 7

2. COMMUNICATION

How often do I...

- Clearly share my thoughts and task status 1 2 3 4 5 6 7
- Listen actively and seek clarification 1 2 3 4 5 6 7
- Speak up when I notice a concern 1 2 3 4 5 6 7

3. CROSS-CULTURAL SKILLS

How often do I...

- Respect cultural differences in teams 1 2 3 4 5 6 7
- Adjust my communication style for others 1 2 3 4 5 6 7
- Put mission goals above my own preferences 1 2 3 4 5 6 7

4. TEAMWORK & GROUP LIVING

How often do I...

- Offer support to team members 1 2 3 4 5 6 7
- Share credit for team achievements 1 2 3 4 5 6 7
- Adapt my habits to strengthen team cohesion 1 2 3 4 5 6 7

5. LEADERSHIP

How often do I...

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| • Provide feedback and lead by example | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Match tasks to others' strengths | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Take initiative and guide the team when needed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

6. CONFLICT MANAGEMENT

How often do I...

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| • Seek solutions, not blame | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Help resolve team tension constructively | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Stay calm and focused during disagreements | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

7. SITUATIONAL AWARENESS

How often do I...

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| • Anticipate challenges before they arise | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Speak up when something doesn't feel right | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Monitor myself and others for signs of stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

8. DECISION MAKING & PROBLEM SOLVING

How often do I...

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| • Involve others in decisions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Evaluate risks and adapt plans as needed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| • Follow through and reassess my choices | 1 | 2 | 3 | 4 | 5 | 6 | 7 |



Know Your Score

This isn't about being "good" or "bad" at any one thing. It's about becoming aware—so you can grow with intention.

Here's how to interpret your scores:

1-2	This area is underdeveloped. You may not often use these behaviors—or even be aware of them.	Choose one behavior in this category to focus on over the next month. Learn about it. Try it in low-stakes settings.
3-4	You're developing this competency, but it may not be consistent yet.	Look for patterns. When do you show up well here? When do you struggle? Choose one small way to level up.
5-6	This is a current strength. You likely use these skills often and effectively.	Keep practicing and look for ways to support others in this area—especially in team settings.
7	This is a solid strength. You consistently demonstrate this behavior—even under stress.	Celebrate this! Then ask yourself: how can I use this strength to mentor others or to strengthen weaker areas?

Reminder Don't aim for 7s across the board. We're meant to be stronger in some areas than others. Self-awareness is the foundation—growth is the goal.

Reflection

Now that you've completed your self-assessment, take a moment to look at the big picture. Here are a few prompts to get you started.

- ✓ **Top Strengths** (2-3 areas you scored the highest)
- ✓ **Areas for Growth** (1-2 areas you want to improve)
- ✓ **Next Step** (1 action you'll take over the next month)

*Stay
Stellar!*