

SELF-ANALYSIS TEST

The table contains statements. Mark the ones you agree with by making a cross under the column corresponding to the number behind the statement

I often analyze my feelings, thoughts and actions (1)	1	2	3	4
I have started various ventures in a group of friends (3)				
I've been thinking about how I think (1)				
I believe I can motivate myself (1)				
I consider myself a determined worker (1)				
I believe that my abilities are developable (1)				
From time to time I monitor my thoughts to keep them positive (1)				
It is interesting to gain new knowledge (1)				
I think of different ways to solve communication problems (3)				
I can concentrate on texts for a long time (1)				
When I feel angry, I can calm myself down (1)				
I believe there are many solutions to problems (2)				
I have activities planned for next week (4)				
When I notice a problem, I first define how it is a problem and only then think of a solution (2)				
I have the desire and will to do and achieve something professionally, to become a master in my field (4)				
I have generated ideas on how to make a friend's birthday nice for him (2)				
I mean, planning is thinking through activities and organizing them to achieve a desired goal (2)				
I have created and proposed innovative solutions based on my knowledge (2)				
From time to time I generate new ideas to apply my professional knowledge (2)				
I usually finish what I start (1)				
I have been the initiator of initiatives in a group of friends (3)				
I have been told that I am a good communicator (3)				
Contributing to common goals in a team is motivating for me (3)				
I try to notice the favorable circumstances arising from the environment to implement my ideas (4)				
I have built new relationships with people in my field (3)				
My monthly expenses and income are under my control (4)				
I notice and understand the value of different goods and services (2)				
Sometimes I visualize my desired future (2)				
I have created a step-by-step strategic action plan to achieve my goal (4)				
I can work alone, independently (1)				
If I have wanted something from someone, I have achieved it through negotiation (3)				
It has happened that I have seen what is about to happen (2)				
I have taken risks and dealt with uncertainty (1)				

I like to acknowledge others (3)				
Caring about other people's feelings (3)				
I listen to other people's ideas and think along (3)				
I have made plans to apply my professional skills (4)				
In practice, while at work, I understand what my contribution is to the creation of values (cultural, social, financial) (2)				
I can identify potential problems (4)				
I can describe the value of different solutions (in a cultural, social or financial sense) (2)				
I design solutions using my creativity (2)				
I design innovative solutions to problems (2)				
I have noticed my contribution as a team member in value creation (3)				
I have learned from my mistakes (4)				
I believe that I can handle everything that life throws my way (1)				
I have initiated communication with a stranger in a public place (3)				
I have offered my ideas on how to solve the problems (2)				
I myself have decided to come here to study (4)				
I myself am responsible for my academic success and failure (4)				
I can notice and regulate my sadness (1)				
Sometimes I say to myself before answering the other person, "Stop! We still need to think" (3)				
I have analyzed personal failures in my studies, drawn conclusions from them and acted to achieve better results (4)				
I have organized events (4)				
I have introduced myself to the employer and offered myself a job (3)				
I usually manage to write an essay on a given topic (2)				
My life keeps getting better (1)				
I believe I can find the Museum of Ice Cream in Singapore (4)				
I can list at least three independent decisions of mine that have changed my life (4)				
I have also undertaken tasks that take more than three years to complete (4)				
I believe I can convince my friend to come on the trip with me (3)				

- 1 – Self management (15)
- 2 - Value-creating thinking and finding solutions (15)
- 3 – Solving social situations (15)
- 4 – Implementation of ideas (15)