



**DR. SHANNAN CRAWFORD**

PSYCHOLOGIST SPEAKER EXECUTIVE COACH

# SELF ASSESSMENT

## PURPOSE:

The purpose of this self assessment is to recognize growth areas in your life, see where you invest the most energy, and have a wholistic perspective of what your whole "self" looks like.

## INSTRUCTIONS:

Read the statements below by marking the corresponding circle:

**Rate 0 for "not at all"**

**Rate 1 for "depends, it can change from day to day"**

**Rate 2 for "that's totally me"**

## STATEMENTS:

## RATING SCALE:

### SECTION L

0 1 2

I struggle to turn my thoughts off. Sometimes I wake up in the middle of the night worrying. I tend to be anxious about the unknown. I tend to fear the unknown; I want to have a plan for every eventuality. My brain calculates every risk, thinking about all the things that could go wrong. I just want to be prepared and it makes me feel anxious when there's not a clear plan.

  

I try to forgive but I struggle to release grudges. Once someone gets on my bad side, it's hard for me to let it go.

  

I don't like to admit it, but deep down, sometimes I can be kind of frustrated and envious when others do better than me. Sometimes I struggle to be happy for others when they get something that I've been wanting.

  

When an opportunity arises, my first thought is, how am I going to pay for it? I get annoyed that there's always someone asking for money. I wish someone would look out for me for a change.

  

I hate to admit it, sometimes my thoughts are kind of critical. I read between the lines to figure out what they're really after. A part of me can be sarcastic and harsh. I keep my thoughts to myself because I know people couldn't handle what I secretly thought about them. I think most people are pretty selfish and after their own agenda. I've lived long enough to know you gotta watch out for yourself because no one else will.

  

### SECTION J

Sometimes, I really struggle to get out of bed, there seems to be a heavy cloud over me. Things seem to be harder for me than for others.

  

Some days I'm strong, but the moment I succumb to a craving, I have a hard time stopping myself. I struggle with routine and keeping my commitments. I am jealous of people who seem to discipline themselves easily, I struggle with willpower.

  

I have a hard time believing that I am worthy of good things. When people give me complements, I feel uncomfortable; I laugh it off to get the attention off myself. I don't like being the center of attention. I don't want people watching me because I'm not sure what they're thinking of me.



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**Rate 2 for "that's totally me"**

### STATEMENTS:

### RATING SCALE:

#### SECTION J (continued)

I've struggled having hope that things will get better. I've learned to accept that things will always be this way, so I don't get disappointed. I think it's safer not to get my hopes up. In fact, I try not to think about the future too much because it stresses me out. I try to stay busy, so I don't have to feel/think too much.

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My mood seems to be really impacted by my circumstances. When things are going well, I tend to feel on top of the world. But the moment there are setbacks, I tend to feel crummy and have a hard time getting back up.

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#### SECTION PE

I hate to admit it, but I struggle with insecurity. I feel confident, until I get around certain people and then feel self-conscious. I know it's not true, but sometimes I just feel like an imposture and eventually people are going to see through me. I secretly don't feel like I deserve the positions and relationships I'm in.

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I have a hard time being content. I'm always striving toward something. I don't like being still. I've always got to have something that I'm chasing after. Once I get something, I find myself looking to the next accomplishment, high, or splurge item.

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I often feel wrestles. I need to stay busy because I don't like being still. I get wrestles. I tend to be in a hurry.

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My thoughts tend to be in conflict with one another. I think one thing only to interrupt myself with another thought arguing how I shouldn't think/feel that. I tend to second guess myself and wonder about my decisions. Sometimes, I feel an uneasiness inside that I can't put my finger on.

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I tend to struggle with focus. My mind seems to race from topic to topic. I feel kind of keyed up like there's an engine always running keeping me on edge.

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#### SECTION PA

I tend to experience high highs and low lows. When everything is clicking as expected, I feel great, but the moment things start not going as expected, I get really bummed and it really affects my mood and ability to stay engaged.

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I fear having an ordinary life and not fulfilling my calling. I just want to live this epic life and experience all God has for me; it freaks me out that I may not accomplish it.

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I struggle to maintain momentum for long-term goals. I start projects strong but then as my excitement wanes I tend to lose drive and eventually lose interest.

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I am always looking for the next big connection and opportunity. It's easy for me to pivot to the next big thing.

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I get irritable if I have to wait too long. I don't like waiting in lines. Slow people drive me crazy. I often feel wrestles. I need to stay busy because I don't like being still. I tend to be in a hurry. I hate having to wait in line or to have to do anything over again. I love efficiency and it is torture to be around inefficient people.

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### STATEMENTS:

### RATING SCALE:

#### SECTION K

I can quickly discern what is wrong with people. While I would never say it aloud, I can be kind of critical and judgmental.

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When people have issues, I keep my distance. I'm not called to work with charity cases; I'm called to leaders and influencers. When I see people with problems, I politely leave the conversation because I don't want to get sucked into their drama or asked to meet their needs. I pride myself on my boundaries to not take on charity cases. They need to deal with their issues before I do.

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I am a good person but occasionally, I may have an anger outburst. I regret it later but a part of me feels that it was justified. I wouldn't act that way if the other person wasn't being so incompetent/provoking.

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My thoughts tend to be in conflict. I think one thing but then another thought interrupts arguing why I shouldn't feel/that that.

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I tend to struggle with focus. My mind seems to race from topic to topic. I feel kind of keyed up like there's an engine always running keeping me on edge. I feel an uneasiness inside that I can't put my finger on.

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#### SECTION GO

I am suspicious by nature. Whether they admit it or not, I think everyone is out for their own good. I got to watch my own back.

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It annoys me when people are too nice. I think people that are always happy are fake and I don't trust them.

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Even though I would never act on it, sometimes I have thoughts of how I could get away with things. I have considered how I could get away with an affair, embezzling money, or something else that I know I am smart enough to get away with that no one would ever know.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Everyone thinks I am a good person, but deep inside I feel dirty, unworthy, and I hate myself for the things I've done in secret and the thoughts I've had.

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Sometimes I push boundaries to see what I can get away with. I am a good person so I'm not trying to hurt anyone, but it's kind of fun to see how far I can push people. It's easy to get some people to second-guess themselves. I know how to test people, watch them squirm, and see what comes out of them. It's all in good humor but a part of me likes knowing I can read people and get them to respond from things inside of them that they're trying to hide.

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#### SECTION F

I am a very committed person, I put my everting into my relationships. But eventually, for some reason or another, a lot of my relationships tend not to last.

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I have a hard time sticking with things.

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### STATEMENTS:

### RATING SCALE:

#### SECTION F (continued)

Loyalty is something that is important to me, but nowadays, it's not realistic in most situations.

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When someone disrespects me, I feel the right to pull away and protect myself. If I think someone is cheating, then I don't need to be faithful either.

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When a leader overlooks me, I will leave and go where I am recognized. I don't have to put up with being slighted like that.

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#### SECTION GE

I am always the strong one in my relationships. I make sure no one ever sees weakness in me.

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Weak people get stepped on, so I make sure to take charge, so I never get taken advantage of.

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People are too sensitive nowadays. I say it as it is. If people don't like it, then that's their problem. I don't say anything that's not true, people need to toughen up.

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I'm a funny person, people need to learn how to take a joke.

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When I see a needy person, while I won't say it out loud, my mind starts to wonder what they did to get themselves in that situation.

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#### SECTION SC

I struggle with moderation. I'm frustrated that I can't seem to stop at one bite/drink/show. I tend to be an all or nothing person. I'm doing good but the moment I cave just a little bit in something, it's so hard for me not to be excessive. I feel out of control in one/more areas of life and would be embarrassed if anyone knew.

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Normally, I'm a responsible person who always does the right thing, but occasionally, when I loosen up and start having a good time, it's hard for me to stop. In the past I've gone too far. I'm not proud of that, but I'm no saint. When people have flirted with me, I'm not gonna lie, I like the attention and besides it's not like I'm doing anything wrong by just exchanging some messages. I can get caught up in the moment and lose sight of what is important to me when I'm in that head space.

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People may think I'm excessive and opinionated, but that's not true, I just know how-to walk-in freedom. The people around me need to loosen up and not be so stiff/religious.

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I have a hard time controlling my tongue. I try to control it, but sometimes my temper gets the best of me.

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Sometimes I can stay on budget but most the time I lack the self-discipline to curb my spending. I try really hard to live within my means, but I have a hard time controlling my spending.

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## INSTRUCTIONS:

Total each section from the survey above and mark next to the corresponding description below.

## DESCRIPTIONS:

### SECTION L TOTAL:

The L section is assessing how well you are able to give and receive love. Perfect love drives out fear, control, and insecurity, and helps us to forgive others because we have allowed ourselves to be forgiven. Loving others is dependent upon how much you're intentionally filling up your spirit's love tank and thus able to offer that to others. The higher your score, the more depleted your spirit's love tank. This means you'll want to focus on receiving love through your spirit/true self so you have love to give yourself and others.

### SECTION J TOTAL:

The J section is assessing your joy levels. When your spirit is full of joy, you have the strength and resilience to stay content and peaceful amidst various circumstances because joy is your strength. When our true self's joy is low, that means we are vulnerable to turning to people, food, substances, and achievements to give us the high. If your J score is elevated, then you know, you'll need to improve the amount of energy you are putting into your spirit/true self experiencing joy.

### SECTION PE TOTAL:

The PE section is assessing your peace levels. When your true self is full of peace, you'll notice being able to feel content irrespective of the circumstances; you're not fantasizing about your escape, you're learning how to grow and cultivate where you're planted. When your PE score is elevated, you will want to intentionally invest in allowing peace to pour into your true self, so peace can flow into your thoughts, mood, reactions, and relationships.

### SECTION PA TOTAL:

The PA section is assessing your patience levels. We cannot willpower ourselves to be patient. Patience is one of the most evident predictors of whether you are leading from your true self. **Patience is rooted in your true self's conviction of a fundamental sense of trust.** The soul (mind/will/emotions) is wired based on mistrust. Consequently, mistrust, control, micromanaging, and manipulating your circumstances are evidence of your soul being in control. If you scored high on PA then you know your homework is to reject core beliefs of mistrust and replace them with trust so you can restore patience by allowing your true self to lead in the area of patience.

### SECTION K TOTAL:

The K section is assessing your kindness levels. Most of us are great at being a chameleon, in which we know what to say and what not to say. However, this section is addressing how kind you are in your heart. Are you easily able to give the benefit of the doubt or is there a tendency toward snap judgments, giving yourself the benefit of the doubt while holding others to a standard that they keep failing instead of assuming they are incompetent that's why we are critical. We learn that we are responsible for our heart reactions, meaning, we are responsible to receive kindness through our true self – seeing ourselves in all of our flaws through kind eyes. Once we are wrecked by kindness toward ourselves, it is easier to extend kindness (even in our hearts) to others. If you scored high on the K section, it is a good idea to focus on allowing others to love you with your flaws and focusing on their lovingkindness toward you – for the standard you use against others will be used against you.

### SECTION GO TOTAL:

The G section is assessing your goodness levels. The soul loves to focus on the negative, suspicion, and on the dark side of things because it resonates with and feeds our control issues, while your true self loves to focus on that which is good, pure, clean, and of a good report. If you scored high on goodness, then you know feeding your true self with that which is good, pure, and of a good report – is a priority for you. This may include turning off social media, and news, and walking away from gossip and other sources that focus on the darkness of the world. Even if it is news, you are still more impacted than you realize, by being inundated by the darkness in the world. Focus on that which is of a good report, takes concerted effort because this world focuses on the bad and dark. Focusing on gratitude for the past and choosing hope for the future will feel foolish to your need for control because the illusion of control focuses on what won't work. While the true self focuses on the good of what work.



## INSTRUCTIONS:

Total each section from the survey above and mark next to the corresponding description below.

## DESCRIPTIONS:

### SECTION F TOTAL:

The F section is assessing your faithfulness levels. Your true self is loyal. Loyal to commitments, to relationships, and to your worth. Your true self enjoys the security of being committed, reliable, and dependable. While your soul is selfish; desiring to do what is best for me in the short-term rather than investing in the long-term faithfulness of dying to flesh in the present in order to invest in the future. If you scored high on faithfulness you may want to focus on God's faithfulness toward you and recognize all the ways you've failed and fallen short and yet how committed and loyal, He has remained to you. From this gratitude you can see the value of long-term commitment.

### SECTION GE TOTAL:

The GE section is assessing your gentleness levels. The soul is harsh, demanding, impatient, and wants results. While the spirit is gentle and willing to invest in the process of winning the heart of the other because you know what it's like to receive gentleness. If you did not grow up with gentleness, there is often a fear that gentleness will produce weakness, while the true self leading in gentleness enables you to capture the heart of others to help guide them toward health. Lasting transformation comes through gentleness. If you scored high on the gentleness section, then you are invited to meditate on h loving relationship where you've found comfort, acceptance, and belonging and to focus on sharing that transformative gentleness with others.

### SECTION SC TOTAL:

The SC section is assessing your self-control levels. Self-control may not be the sexiest virtue, but it sure is the substance of that which produces the most enduring benefits. Every area of life requires daily dedication to walk in moderation; to avoid extremes and emotion-laden reactions or impulse decisions. Self-control is the marker of a mature character – no longer ruled by the immediate gratification or impulse to defend/protect or self-medicate or indulge. If you scored high on the self-control scale, you know there is likely a lie in your, i.e. many people grew up with a belief that "maybe God/others will meet my needs, but if it's a dream, or an unspiritual desire or want, I have to get it myself." Many people grew up with a belief that pleasure was bad. Anything we assume is bad, we bury, instead of bringing that dream/desire/want to the Lord for Him to fulfill the underlying desire so we can do life satisfied with a healthy balance of pleasure and work. While, sometimes, the surface dream/desire may not be good for you, once you bring it to the Lord, He can now peel off the flesh, to reveal the original desire that is GOOD and that He delights to fulfill.



## **INSTRUCTIONS:**

For the next section, write the ways you are investing in yourself in each of the following areas:

## **WRITE IT OUT:**

**Giving and Receiving Love. Letting others in.**

**Dreaming/Vision casting/focusing on goals and purpose.**

**Working hard on something that you can be proud of**



## **INSTRUCTIONS:**

For the next section, write the ways you are investing in yourself in each of the following areas:

## **WRITE IT OUT:**

**Laughter, play, entertainment.**

**Mental stimulation. Challenging myself intellectually.**

**Rest, margin, leisurely walk. Contemplation.**





## INSTRUCTIONS:

For the next section, write the ways you are investing in yourself in each of the following areas:

## WRITE IT OUT:

**Spiritual growth.**

**Exercise, risk, challenge**

**Taking the time to process my emotions. Journal. Talk to someone. Give myself permission to honor & grieve my experiences.**



## IDEAS ON CULTIVATING YOUR INTERNAL WORLD

1. **Plug In:** To the presence of the Lord. Your spirit connecting with Jesus all day.
  - a. Start the day without technology. Brain waves are set first thing in the morning.
2. **Do an internal check-in.**
  - a. Mindfulness with radical acceptance of all that surfaces. Build relationship with your internal world.
  - b. Kindness toward yourself. "You are seen, and you are known; I value you. I love you. You are safe. You are not alone. God is here. You matter and what you go through matters."
3. **Scripture**
4. **Prayer over the day**
5. **Exercise**
6. **Review your agenda for the day** – start with the most successful possible outcome for the day. Reverse engineer that day by moving from the successful endpoint and move backward to assess what needs to be prepared/in alignment etc. for that outcome to be possible.
7. **Mindfulness:** Be mindful of regularly peeling the layers of your soul off your heart, to the right and left, to allow your spirit to come forward so you can lead from your spirit. Visualize plugging your spirit into The Holy Spirit.
8. **Get curious:** Throughout the day, asking Holy Spirit, what do you want to say about this?
9. **Empowerment:** Empower your team & family to learn how to hear Holy Spirit for themselves – providing guidance.