

Peak Performance Self-Assessment Test

Name: _____ Date: _____

Assess each skill. Rate yourself on a scale of 1 to 5 by placing a checkmark. Then review your answers to discover your strongest skills and weakest areas.

Area	Good		OK		Poor
	5	4	3	2	1
1. Reading	_____	_____	_____	_____	_____
2. Writing	_____	_____	_____	_____	_____
3. Speaking	_____	_____	_____	_____	_____
4. Mathematics	_____	_____	_____	_____	_____
5. Listening/note-taking	_____	_____	_____	_____	_____
6. Critical thinking/reasoning	_____	_____	_____	_____	_____
7. Creative problem solving	_____	_____	_____	_____	_____
8. Positive visualization	_____	_____	_____	_____	_____
9. Knowing how you learn	_____	_____	_____	_____	_____
10. Honesty/integrity	_____	_____	_____	_____	_____
11. Positive attitude/motivation	_____	_____	_____	_____	_____
12. Responsibility	_____	_____	_____	_____	_____
13. Flexibility/ability to adapt to change	_____	_____	_____	_____	_____
14. Self-management/emotional control	_____	_____	_____	_____	_____
15. Self-esteem/confidence	_____	_____	_____	_____	_____
16. Time management	_____	_____	_____	_____	_____
17. Money management	_____	_____	_____	_____	_____
18. Management and leadership of people	_____	_____	_____	_____	_____
19. Interpersonal and communication Skills	_____	_____	_____	_____	_____
20. Ability to work well with culturally diverse groups	_____	_____	_____	_____	_____
21. Organization/evaluation of information	_____	_____	_____	_____	_____
22. Understanding technology	_____	_____	_____	_____	_____
23. Commitment/effort	_____	_____	_____	_____	_____