

# SETTING YOUR YEAR UP FOR SUCCESS SELF ASSESSMENT

Grading Element	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
<b>Mission</b>	Mission is clear and written down.	Got an idea but not clearly written down.	Need to get clear, rough draft written.	Nothing clear, nothing written.	
<b>Values</b>	Clear understanding of my highest values.	Values written down, not ranked in order of importance.	Got a rough idea but needs more time to be sure.	Don't know yet what is important to me.	
<b>Roles</b>	Identified the important roles in my life and prioritized them.	Identified the roles but not clear on priorities yet.	Rough idea but I need to make some changes to get clear on priorities.	Haven't got a clue my life is not working need to reassess.	
<b>Goals for Roles</b>	Set goals within each role so I can focus on what is important and balance between roles.	Set some goals but have not covered all roles yet.	Not sure how to marry my goals with the roles yet.	Haven't set any goals in the roles because I need to reassess everything.	
<b>Goal Matrix</b>	Matrix completed with areas, goals and time frames.	Matrix areas decided and some goals set but not sure of time frames.	Matrix drawn up only have areas decided .	Haven't started my matrix yet.	
<b>Check Goals</b>	I have checked all my goals through the check system.	I have checked at least half my goals through the system.	Have set some goals and put only one through the check system.	I haven't even got goals set yet.	
<b>Plans Made</b>	Milestones decided, diarized, nudges done, action steps set, help sought, accountability organised.	Milestones decided, diarized, nudges done, no action steps set yet.	Milestones only decided nothing in writing – all in my head.	No plans at all still reworking my life.	
<b>Commitment</b>	Clear on my commitment to myself and others.	Clear on my commitment not shared it with anyone else.	Vague on my commitment no one else knows.	No commitment made to myself on any goal.	

Action Items

Final Score