

## Self- Assessment: **Executive Presence**

**Instructions:** Rate yourself in the following categories on your Executive Presence.

1 = not at all, 2 = sometimes, 3 = most of the time, 4 = all of the time

CREATE A POSTIVE IMPRESSION	SCORE (1-4)
I take time with my appearance, grooming is important	
I am cool under pressure, I manage my emotions	
I am adaptable, recognizing setbacks are part of learning and growth	
I connect with others by modifying my style to others	
I actively seek out interactions with others to build my relationship and work more effectively with others	
ENGAGE AND ENROLL OTHERS	
I have a strong ability to speak well in front of others, getting my points across and building influence with others	
I own a vision for my own success and want to role model for others to encourage their success	
I am open minded and open hearted	
I spend as much time driving my points as I do wanting to connect and understand my audience	
I communicate with clarity, and prepare for presentations in advance	
COMMIT TO BEING REMARKABLE	
I display a level of confidence that is self assured instead of arrogant	
I understand the need to build credibility by being consistent, reliable and dependable in my actions in dealing with others	
I have a high degree of integrity, I have a code I choose to live by, my actions and my beliefs are in alignment	
I can make decisions even in the midst of uncertainty and risk	
I passionately live with intention	
Others know what I stand for	
<b>TOTAL SCORE: Add up all of your scores</b>	

**If you scored 50 or higher:** Congratulations! Is there one area that still needs some attention?

**If you scored between 30 and 49:** What area will you prioritize to develop?

**If you scored 29 or lower:** There is work to do! Pick at least 2 areas to start improving today.