

Self Assessment Scorecard

Core Beliefs		How well have I lived in accordance with my deepest beliefs about life?										Total Score
ME	1	2	3	4	5	6	7	8	9	10		
.....												
Partner	1	2	3	4	5	6	7	8	9	10		
Core Values		How well have I held myself to the standards that define my identity?										
ME	1	2	3	4	5	6	7	8	9	10		
.....												
Partner	1	2	3	4	5	6	7	8	9	10		
Core Behaviors		How well have my actions transitioned from my values and beliefs?										
ME	1	2	3	4	5	6	7	8	9	10		
.....												
Partner	1	2	3	4	5	6	7	8	9	10		
My Integrity		How well have I lived in alignment with my core beliefs, values, and behaviors?										
ME	1	2	3	4	5	6	7	8	9	10		
.....												
Partner	1	2	3	4	5	6	7	8	9	10		

Complete the following self-evaluation comparing yourself (10 highest, 1 lowest) to where you rank in accordance with your beliefs, values, behaviors, and integrity. Pick the number that best fits you. Be honest, there is no point in lying to yourself. Have someone else you trust have them fill this out as well and compare your scores for additional perspective.