

Self-Evaluation Questionnaire

Task: Look at yourself from top to bottom, rate yourself and then share your conclusions with a colleague -be honest!

Personal Attributes	How Would You Rate Yourself?	Areas for Improvement
What overall impression do you have when you look in the mirror? <ul style="list-style-type: none"> • Impressive • Presentable • Could look better • Inappropriate • A mess 		
First impressions –grooming <ul style="list-style-type: none"> • How often do you get a haircut? • When did you last visit the dentist? • How clean / tidy are your nails? • How many bottles of aftershave or perfume do you buy a year? 		
First impressions –dress sense <ul style="list-style-type: none"> • How crumpled is your clothing? • What about colour co-ordination? • Do you ever wear novelty ties or socks? • How often do you clean your shoes? 		
How do you feel you come across to people? <ul style="list-style-type: none"> • Formidable / severe • Arrogant / aloof • Serious / overbearing • Friendly / approachable • Anxious / nervous / shy 		