

SELF-MASTERY INDICATOR

How often in the past 2 months have you experienced the following?

0 = never; 2 = most months; 4 = most weeks; 6 = most days

NO	QUESTION	RATING						
1	I feel like I'm authentic	0	1	2	3	4	5	6
2	I do not go along with a situation I'm not happy with	0	1	2	3	4	5	6
3	I am willing to admit my mistakes	0	1	2	3	4	5	6
4	I recognise when I have over reacted, reflect and assess, and adjust my thinking about what really took place	0	1	2	3	4	5	6
5	I pay attention to my physical state to understand my thoughts and feelings	0	1	2	3	4	5	6
6	I am aware of my feelings most of the time	0	1	2	3	4	5	6
7	I know myself pretty well by listening to my feelings	0	1	2	3	4	5	6
8	I tell the truth even if it's going to hurt me	0	1	2	3	4	5	6
9	I can feel when I am getting angry	0	1	2	3	4	5	6

SCORING:

(Burnout: 0-30); (Pressure: 31-38); (Balancing: 39-44); (Optimal: 45-54)

Awareness is an ability we all have; we simply get too busy to notice our thoughts, feelings, and actions. Key skills include ***regular feeling and physical arousal checks***, and ***linking them to what you are thinking***.

Ideally our ***mental, emotional, and spiritual self need to operate in unison***. This comes from a well-developed sense of self-awareness of your beliefs, values, actions, habits, and mission and vision for your life. You are able to quickly resolve any discrepancies that may arise.