

## Introduction

## Tool: Self Assessment

The first step is to get clear about your goals for this course.

Action Step: Use this Assessment Tool to rate your current skills:

1.	Introverte	d								Extrovert	ed
							7				
2.	Extremely	Anxiou	15							Very Con	fident
							7				macm
3.	Ramble1	2	3	4	5	6	 7	8	9	Suc	cinct
4.	Unclear M	essage-								Crystal cl	ear
	1	2	3	4	5	6	7	8	9	10	
_	Totally un	propar	ad							Supar prop	arod
Э.	10tally ul	prepare 2	3	4	 5	6	 7	8	9	Super prep 10	areu
6.	Never tell	Stories-							Fa	bulous Storyte	eller
	1	2	3	4	5	6	7	8	9	10	
7.										Love th	nem!
	1	2	3	4	5	6	7	8	9	10	
Q	Always tur	n camo	ra off					Can	nera ON	, love being se	enl
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	Spend	some time	journaling	and reflecting	about what you want.	. Answer these questioi
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1. What are your strengths as a communicator?

2. What do you most want to improve?

**3.** Imagine yourself in 3 years when you have fully implemented all your desired changes. How specifically will that impact your life?