

What am I like?

Here is a list of all the areas covered in **me + you =** that contribute to being successful with people. These involve *managing yourself* and *managing your relationships*.

Give yourself a quick rating to see how you think you're doing.

	poor 1	shaky 2	OK average 3	very good 4	excellent 5
1. Knowing me I am aware of my thoughts, my feelings, my intuition and my body language.					
2. Knowing you I relate well to others. I see things from the other person's perspective.					
3. My self esteem I like myself, I accept myself. My behaviour shows that I respect myself.					
4. Your self esteem I accept and respect other people. My behaviour reflects this.					
5. Relating Other people recognise that I treat them as equals. I value others just as I value myself.					
6. Bouncing back I easily pick myself up and get on with my life after setbacks.					
7. Passion I have a 'can do' attitude. I make things happen.					
8. Setting goals I plan and review where I want to be and how I'll get there.					
9. Being flexible I am receptive to other people's ideas, suggestions and different approaches.					
10. Being open I easily make genuine connections with others.					

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11. Being trusted I say what I mean, I mean what I say and I do what I said.					
12. Trusting others I am confident and clear in how far to trust other people.					
13. Can do I see opportunity or something positive in every situation.					
14. Expressing your emotions My behaviour matches how I intended to behave.					
15. Handling conflict I use conflict constructively in finding workable solutions for both parties.					
16. Give and take I recognise the importance of other people in my life and mine in theirs.					
17. Motivation I drive myself to perform in the way that best suits the situation.					
18. Forgiving I acknowledge mistakes, mine and others, resolve or conclude them, and move on.					
19. Intuition I know how to use different thought processes to guide my decisions and actions.					
20. Reflecting I review the effectiveness of my interactions.					

Do you trust the ratings you've given yourself?

Why not check out the ratings you've given yourself with someone else whom you trust and whose opinion you value. It's very common that the way we perceive ourselves to be isn't the way other people perceive us. So how do we work out who's right? One to think about...

You can, of course, revisit and redo these ratings. It's useful to use a different colour pen and to make a note of the date each time you complete it.