

Self-Awareness Reflection

1. I take time to reflect on how my actions affect my team.
2. I regularly seek feedback from others on my leadership performance.
3. I am aware of my emotional state and how it impacts my decisions.
4. I adjust my leadership style based on the needs of my team.
5. I manage stress effectively and ensure it doesn't negatively affect my leadership.

1=Rarely true, 2= Occasionally true, 3=Sometimes true, 4=Often true, 5=Always true

Score Range	Self-Awareness Level	Reasoning	Interpretation
20-25	High	Consistently engages in self-reflection, seeks feedback, manages emotions effectively, and adjusts leadership style based on team needs.	Strong understanding of leadership impact, enabling effective and empathetic leadership.
15-19	Moderate	Often demonstrates self-awareness behaviors but may not consistently reflect or adjust actions across all situations.	Good grasp of leadership style, with some blind spots. Opportunity for improvement through more regular reflection and feedback-seeking.
10-14	Developing	Occasionally engages in self-awareness behaviors but lacks consistency in reflection, feedback-seeking, and emotional regulation.	Building self-awareness but needs to increase reflection and focus on understanding how leadership affects others.
5-9	Low	Rarely reflects on actions or seeks feedback, with minimal awareness of how emotions affect leadership decisions.	Limited understanding of leadership impact. Requires focus on developing self-awareness through reflection and feedback.