

**Table 3-1 Self Inventory<sup>1</sup>**

Based on your perception, indicate how OFTEN each statement describes who you are today. Using a 1-5 scale where 1 is rarely and 5 is most of the time, write the appropriate number of points in the corresponding column. Sum all the numbers to get your Self total points.

Consider now, the present—not yesterday or tomorrow. Do not over analyze; mark your initial reaction to the statement.

Trait	Rarely or Never	Seldom	Sometimes	Frequently	Most or All of the Time
Number of points per response in this column	1	2	3	4	5
1. I believe in my own ability, power, judgments, and decisions.					
2. I respect myself.					
3. I live true to well-defined values.					
4. I approach situations with an optimistic attitude.					
5. I am curious about different things.					
6. I have the ability to be intensely absorbed, passionate, or devoted.					
7. I am willing to work hard in order to maintain a high standard.					
8. When faced with challenges, I revive and produce anew.					
9. I have the energy to do what I need to do.					
10. I unify aspects of my self—head, heart, hands—into a balanced whole.					
<b>Total points = _____</b>					

**Scoring**

- 50-41      You have a robust and healthy self with the attributes needed to get all that you want in life. Pat yourself on the back and keep it up!
- 40-31      You have a solid foundation and many healthy traits. Some fine-tuning will help.
- 30-21      You self is shaky and needs nurturing. It is time to explore and take care of yourself.
- Below 21      Immediate attention is needed. You have lots of room for improvement. Focus, as your passionate purpose for now, on building a healthier self.

Now look at individual statements. If you scored 1 or 2 on any one, some tweaking is needed. Focus on these elements as you nurture yourself.

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