

SAM HOUSTON XA MISSIONS SELF EVALUATION

Evaluate yourself on the following potentially difficult situations:

| | <u>Never</u> | | <u>Sometimes</u> | | <u>Always</u> |
|---|--------------|---|------------------|---|---------------|
| Flexible to constant change of plans: | 1 | 2 | 3 | 4 | 5 |
| Ability to recognize needs: | 1 | 2 | 3 | 4 | 5 |
| Ability to follow instruction when you don't agree: | 1 | 2 | 3 | 4 | 5 |
| Ability to encourage when you are worn out: | 1 | 2 | 3 | 4 | 5 |
| Irritable when you are worn out: | 1 | 2 | 3 | 4 | 5 |
| Argumentative: | 1 | 2 | 3 | 4 | 5 |

How do you respond to encouragement? _____

How do you respond to rebuke? _____

How do you respond when you are tired? _____

How do you respond when you are overstressed? _____

When you're exhausted, what is it that recharges your batteries? _____

What is the most annoying thing in the world (excluding this) ? _____

How many licks does it take you to get to the center of a Tootsie pop? _____