Assessing My Transformation and Authentic Self

Directions: For each item, check whether you never, sometimes, or always practice or believe in the approach.

1. I demonstrate care for others through sincere, practical deeds. ___ ___ ___
2. I maintain consistency between words and actions. ___ ___ ___
3. I’m willing to admit when I’m wrong and move past it. ___ ___ ___
4. I treat other people as equal partners. ___ ___ ___
5. I’m willing to spend time building professional relationships with others. ___ ___ ___
6. I focus on doing what is right, not what other people tell me to do. ___ ___ ___
7. I’m driven by a sense of a higher calling. ___ ___ ___
8. I find a sense of meaning in my everyday work. ___ ___ ___
9. I promote values that transcend self-interest and profit. ___ ___ ___
10. I focus on finding a sense of purpose and direction. ___ ___ ___
11. I make sure everyone has a clear understanding of our shared vision. ___ ___ ___
12. I lead by positive personal example. ___ ___ ___
13. I allow myself to experiment and be creative. ___ ___ ___
14. I am trustworthy and trust others. ___ ___ ___
15. I am reliable; when I say I’ll do something, I do it. ___ ___ ___
16. I work to empower others. ___ ___ ___
17. I support clear communication and collaboration. ___ ___ ___
18. I make sure everyone who’s involved gets a say in decisions affecting them. ___ ___ ___
19. I act to encourage a feeling of physical and emotional safety wherever I am. ___ ___ ___
20. I provide others with meaningful recognition for their achievements. ___ ___ ___
21. I try to bring a sense of family and cheer to fellow students and workers. ___ ___ ___
22. I allow others to be true to their core values, preferences, and emotions. ___ ___ ___
23. I share my life stories with colleagues so we understand each others’ perspectives. ___ ___ ___
24. I reduce my stress by engaging in meditation, prayer, hobbies, and other stress-reducing activities. ___ ___ ___
25. I show others my principles, values, and ethics through my actions. ___ ___ ___
Assessing My Transformation and Authentic Self (continued)

**Scoring:** The more instances of *always* you checked, the more you are in tune with transformational and authentic leadership values. For each *sometimes* or *never*, make a plan to participate in new activities to learn the skills or attitude change you need to become a transformational and authentic leader.

Write your plan here:

Item #: Plan:

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