

Skills and Abilities Self-Evaluation

For each of the following statements, rate your level of confidence on a scale of 1 (not confident) to 5 (very confident).

- _____ 1. I can effectively communicate with others.
 - _____ 2. I am self-motivated.
 - _____ 3. I am a hard worker.
 - _____ 4. I can think through difficult situations and find solutions to them.
 - _____ 5. I am willing to learn and try new things.
 - _____ 6. I am honest and trustworthy.
 - _____ 7. I work well with others.
 - _____ 8. People can depend on me to do an assigned task.
 - _____ 9. I can organize and use my time effectively.
 - _____ 10. I can arrive on time.
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