

# motivate | forward

Sales Coaching | Mentoring | Business Development | Motivation | Self-Branding

## PERSONAL EVALUATION FORM

### Product:

- |  |  |
|--|--|
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I bring value to my job?  | <input type="checkbox"/> Y <input type="checkbox"/> N Am I trustworthy?                                  |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I know the language of my industry?                                   | <input type="checkbox"/> Y <input type="checkbox"/> N Am I boring?                                       |
| <input type="checkbox"/> Y <input type="checkbox"/> N Am I engaging?   | <input type="checkbox"/> Y <input type="checkbox"/> N Am I forgetful?                                    |
| <input type="checkbox"/> Y <input type="checkbox"/> N Am I responsive?   | <input type="checkbox"/> Y <input type="checkbox"/> N Do I know how to retrieve information from people? |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I speak well?   | <input type="checkbox"/> Y <input type="checkbox"/> N Do I know how to position product?                 |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I write well?   | <input type="checkbox"/> Y <input type="checkbox"/> N Am I interesting?                                  |
| <input type="checkbox"/> Y <input type="checkbox"/> N How are my presentation skills?  | <input type="checkbox"/> Y <input type="checkbox"/> N Do I present myself well?                          |
| <input type="checkbox"/> Y <input type="checkbox"/> N How is my public speaking?   | <input type="checkbox"/> Y <input type="checkbox"/> N Do I listen?                                       |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I know the different generations, how they think, and make decisions? | <input type="checkbox"/> Y <input type="checkbox"/> N How's my story telling?                            |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I have a positive attitude?   | <input type="checkbox"/> Y <input type="checkbox"/> N Do I carry myself well?                            |
| <input type="checkbox"/> Y <input type="checkbox"/> N Am I courteous?  | <input type="checkbox"/> Y <input type="checkbox"/> N Do I have emotional intelligence?                  |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I take initiative?  | What's my level of education?  |
| How's my demeanor? <input type="checkbox"/> Positive <input type="checkbox"/> Negative   | <input type="checkbox"/> High school <input type="checkbox"/> College of _____ years                     |
|  | <input type="checkbox"/> Masters <input type="checkbox"/> PhD  |

### Packaging:

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|--|--|
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I dress for the job I want?     | <input type="checkbox"/> Y <input type="checkbox"/> N Am I fashionable?              |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I have an up to date hairstyle? | <input type="checkbox"/> Y <input type="checkbox"/> N Am I up to date?               |
| <input type="checkbox"/> Y <input type="checkbox"/> N Are my nails/hands in good shape?  | <input type="checkbox"/> Y <input type="checkbox"/> N Do I wear my make-up properly? |
| <input type="checkbox"/> Y <input type="checkbox"/> N Are my shoes in good shape?        | <input type="checkbox"/> Y <input type="checkbox"/> N Do my clothes fit properly?    |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I look successful?              | <input type="checkbox"/> Y <input type="checkbox"/> N Do I look the part?            |
| How's my posture?  |  |
| <input type="checkbox"/> Do I slouch <input type="checkbox"/> Do I stand with confidence |  |

### Marketing:

- |  |
|--|
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I present myself in the form of my brand? |
| <input type="checkbox"/> Y <input type="checkbox"/> N Does my resume look like my brand?           |
| <input type="checkbox"/> Y <input type="checkbox"/> N Does my business card match my brand?        |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I use social media properly?              |
| <input type="checkbox"/> Y <input type="checkbox"/> N Do I sell myself?                            |