

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:

- | | | | |
|---|---|---|--------------------------------|
| <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? |