

ASSESSING YOURSELF

Creating Transformative Practices that align with your goals requires a deep understanding of yourself, including your skills, talents, circumstances, values, and more. This self-assessment provides valuable insights to help you choose behaviors that match your objectives. Answer openly and without judgment to develop accurate self-awareness.

My goal is:

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What skills and talents do I possess that could help or hinder this goal?

My relevant skills:

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My relevant talents:

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What does my social situation look like in terms of support, influences, and connections? How might this impact building Transformative Practices?

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Do the spaces, tools, and privacy of my living situation enable or restrict my ability to carry out Transformative Practices?

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What core values do I hold which might align or conflict with my chosen Transformative Practices?

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Now, consider additional situational factors. What are the realistic demands and resources you have regarding:

- Time availability:
- Financial situation:
- Energy levels:
- Access (to people, tools, spaces):

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Finally, consider your personality. Spend some time thinking about the following:

- Are you more creative or traditional?
- Do you prefer new experiences, or are you a fan of the tried and true?
- Are you organized, or do you thrive in less structured, improvisational contexts?
- Do you enjoy hard work and grinding things out, or do you prefer finding the most efficient way to get things done?
- Are you competitive, or do you prefer cooperation?
- Are you social, or do you enjoy doing things alone?
- Do you savor the journey or focus more on the destination?
- Are you motivated by fear, or are you drawn by the promise of good thing?

Use the insights gained from this self-assessment to tailor Transformative Practices that align with your desired growth.