



# ADMIT IT™ Self-Assessment

The first (and hardest) step toward moving from a mindset of *scarcity* to one of *possibility* is- to tell the truth. This is where all progress begins: admitting your role in helping to create whatever circumstances you are facing. To assist you in gaining a sober perspective of how you are currently conducting yourself and your affairs, we're providing you with this self-assessment quiz. Answer the following questions truthfully. After all, if you're not ready to be totally honest, you're not ready to cross the Great Divide.

|   | Never | Seldom | Sometimes | Often | Always |
|---|-------|--------|-----------|-------|--------|
| 1. You quickly recognize when you are being a 'victim'.   | 7     | 5      | 3         | 1     | 0      |
| 2. You readily accept input from others when they point out your contribution to the problem/challenge you currently face.                                      | 7     | 5      | 3         | 1     | 0      |
| 3. You willingly acknowledge when you make mistakes, or exhibit behaviors that hinder your ability to get the results you desire.                               | 7     | 5      | 3         | 1     | 0      |
| 4. You openly listen when others offer you perspectives on your challenges/problems that are different from yours.  | 7     | 5      | 3         | 1     | 0      |
| 5. You look first at what YOU are doing (or not doing) that is getting in your way (as opposed to blaming others / external conditions for your circumstances). | 7     | 5      | 3         | 1     | 0      |
| 6. You seek to broaden your understanding of problems or challenges you face by seeking input from others.  | 7     | 5      | 3         | 1     | 0      |
| 7. You readily acknowledge current problems and clearly understand the consequences of not resolving them.  | 7     | 5      | 3         | 1     | 0      |
| 8. You assess your perspective regarding a perplexing problem by asking others for their input.   | 7     | 5      | 3         | 1     | 0      |
| 9. You consciously and actively work to be proactively accountable by objectively acknowledging reality.  | 7     | 5      | 3         | 1     | 0      |
| 10. When explaining less than desirable conditions, you are quick to acknowledge your role in helping to create them.   | 7     | 5      | 3         | 1     | 0      |

Once you've entered your responses, total up your score and consider the guidelines provided on the next page...



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## Total Score Evaluation Guidelines

- |          |   |
|----------|---|
| 50+      | Indicates a serious inability or unwillingness to <i>ADMIT</i> . You need outside help (perhaps immediate faculty counseling). Call 911 immediately!  |
| 30 to 49 | Suggests that you often find it difficult to <i>ADMIT</i> . Learn to seek feedback. Ask someone sitting near you to smack you in the head right now!  |
| 10 to 29 | Reveals a fair ability to <i>ADMIT</i> . Keep working on it. If you have a favorite victim story, write it on a piece of paper, crumble it up and throw it in the trash (or burn it) and move on! |
| 0 to 10  | Indicates a strong ability to <i>ADMIT</i> . Turn to a person near you and ask them for a high five!  |