

What am I like?

Here is a list of all the areas covered in Maureen Bowes' book **me + you** = that contribute to being successful with people. These involve managing yourself and managing your relationships.

Give yourself a quick rating to see how you think you're doing.

	Poor	Shaky	Ok average	Pretty Good	Brilliant
	1	2	3	4	5
1. Knowing me I am aware of my thoughts, my feelings, my intuition and my body language.					
2. Knowing you I relate well to others. I see things from the other person's perspective.					
3. My self esteem I like myself, I accept myself. My behaviour shows that I respect myself.					
4. Your self esteem I accept and respect other people. My behaviour reflects this.					
5. Relating Other people recognise that I treat them as equals. I value others just as I value myself.					
6. Bouncing back I easily pick myself up and get on with my life after setbacks.					
7. Passion I have a 'can do' attitude. I make things happen.					
8. Setting goals I plan and review where I want to be and how I'll get there.					
9. Being flexible I am receptive to other people's ideas, suggestions and different approaches.					
10. Being open I easily make genuine connections with others.					

	Poor	Shaky	Ok average	Pretty Good	Brilliant
	1	2	3	4	5
11. Being trusted I say what I mean, I mean what I say and I do what I said.					
12. Trusting others I am confident and clear in how far to trust other people.					
13. Can do I see opportunity or something positive in every situation.					
14. Expressing your emotions My behaviour matches how I intended to behave.					
15. Handling conflict I use conflict constructively in finding workable solutions for both parties.					
16. Give and take I recognise the importance of other people in my life and mine in theirs.					
17. Motivation I drive myself to perform in the way that best suits the situation.					
18. Forgiving I acknowledge mistakes, mine and others, resolve or conclude them, and move on.					
19. Intuition I know how to use different thought processes to guide my decisions and actions.					
20. Reflecting I review the effectiveness of my interactions.					

Your highest ratings are your areas of strength – according to you
 Your lowest ratings are your areas for development – from your perception
 To what extent do you believe others would agree with your ratings – your self perception?

You can revisit and redo these ratings over time.
Make a note of the date each time you complete it.

me + you =

This is the title of my DIY self development book on emotional intelligence. It has 20 chapters covering each of the 20 facets of this questionnaire, with 5 exercises, an affirmation and a visualisation for each chapter.

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