

# Getting Out of My Own Way Assessment

Circle the number that best represents how often these habits keep you from meeting your commitments, completing tasks or achieving goals.

(Hint: When you find yourself thinking, "I know someone else who does this." Bring your attention back to you and guess what? You do it too! Be completely honest with yourself! You have nothing to lose and much to gain.)

On a scale of 1-10 (1 low, 10 high) ask yourself "How often do I . . ."	Rarely			Sometimes				Often		
1. Look for approval (suck up)	1	2	3	4	5	6	7	8	9	10
2. Try to do more than one thing at a time	1	2	3	4	5	6	7	8	9	10
3. Complain or blame	1	2	3	4	5	6	7	8	9	10
4. Procrastinate	1	2	3	4	5	6	7	8	9	10
5. Say yes when you want to say no	1	2	3	4	5	6	7	8	9	10
6. Get distracted (e-mail, phone, internet)	1	2	3	4	5	6	7	8	9	10
7. Accept missed commitments (self or others)	1	2	3	4	5	6	7	8	9	10
8. Set unrealistic expectations	1	2	3	4	5	6	7	8	9	10
9. Repeat mistakes	1	2	3	4	5	6	7	8	9	10
10. Talk when no one is listening	1	2	3	4	5	6	7	8	9	10
11. Avoid asking for help	1	2	3	4	5	6	7	8	9	10
12. Take things personally	1	2	3	4	5	6	7	8	9	10
13. Refuse to write things down	1	2	3	4	5	6	7	8	9	10
14. Take care of everyone but you	1	2	3	4	5	6	7	8	9	10
15. Let chaos reign in your office or workspace	1	2	3	4	5	6	7	8	9	10
16. Hold it all in	1	2	3	4	5	6	7	8	9	10
17. Allow fear to stop you	1	2	3	4	5	6	7	8	9	10
18. Neglect to follow up	1	2	3	4	5	6	7	8	9	10
19. Fail to plan	1	2	3	4	5	6	7	8	9	10
20. Stay when you know it's time to go	1	2	3	4	5	6	7	8	9	10

**FACT: Breaking one of these habits and replacing it with a GOOMOW™ habit dramatically increase results in all areas of your work and personal life.**