

## Add Value: Self-Reflection Activity

Now that you have more information about some of the behaviors and attributes associated with **Adding Value**, take a moment to reflect and rate yourself on your use of them.

### INSTRUCTIONS

Read each statement below. Then use a 0–4 scale (“Never” to “Most of the time”) to rate yourself on how often you use the attribute described.

0	1	2	3	4
<b>Never</b>	<b>Rarely</b>	<b>Once in a while</b>	<b>Half of the time</b>	<b>Most of the time</b>

#### Goes Beyond What is Expected

**Your Rating**

<b>51</b>	Consistently delivers more than what is expected or required	
<b>52</b>	Is perceived by others as an above-average performer	
<b>53</b>	Gains satisfaction from providing exceptional service to others	
<b>54</b>	Pushes the limits of what is expected	
<b>55</b>	Always sees room for improvement	
<b>SUBTOTAL SCORE</b>		

#### Shares Knowledge & Resources Freely

**Your Rating**

<b>56</b>	Unselfishly counsels team members on best approaches to accomplish tasks	
<b>57</b>	Documents and shares knowledge gained from past experiences, including mistakes	
<b>58</b>	Can be counted on to come through for others when needed	
<b>59</b>	Demonstrates knowledge and skills for others to learn	
<b>60</b>	Provides technical assistance to others	
<b>SUBTOTAL SCORE</b>		

**Exhibits a Personal Leadership Brand**

**Your Rating**

<b>61</b>	Shows consistency in his/her approach to leadership	
<b>62</b>	Is aware of his/her strengths, weaknesses, and emotions	
<b>63</b>	Is genuine in his or her interactions with others	
<b>64</b>	Is known for a particular style of leadership	
<b>65</b>	Demonstrates leadership traits that are unique to him/her	
<b>SUBTOTAL SCORE</b>		

**Displays Resilience**

**Your Rating**

<b>66</b>	Demonstrates a high level of stress-tolerance	
<b>67</b>	Holds himself/herself accountable for recovering from mistakes	
<b>68</b>	Maintains his/her physical and mental fitness	
<b>69</b>	Possesses the ability to bounce back from past mistakes	
<b>70</b>	Demonstrates a tenacious resolve to stay the course, especially in the face of adversity	
<b>SUBTOTAL SCORE</b>		

**Stays Relevant**

**Your Rating**

<b>71</b>	Seeks feedback for self-improvement	
<b>72</b>	Regularly evaluates his/her professional competences	
<b>73</b>	Understands how he/she impacts the future of the organization	
<b>74</b>	Stays abreast of evolving demands and changes accordingly	
<b>75</b>	Looks ahead to his/her future and the future of the organization	
<b>SUBTOTAL SCORE</b>		

**YOUR TOTAL  
SCORE**

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**Scores:**

79 to 100: **High** – You demonstrate very effective use of this principle; inspire and help others develop skills to successfully use it.

65 to 78: **Average** – You demonstrate effective use of this principle; continue working to enhance your ability to use it.

Below 65: **Low** – You demonstrate limited use of this principle; take advantage of opportunities to enhance your ability to use it.

**Note:**

For a more comprehensive evaluation, a companion 360° assessment (*LEAD 360*) is available with this book. The assessment allows members of your immediate work circle to assess the degree to which you exhibit the principles and behaviors discussed in this book. Visit [www.AlonzoJohnsonPHD.com](http://www.AlonzoJohnsonPHD.com) or [www.lead360assessment.com](http://www.lead360assessment.com) for additional information on how to complete the LEAD 360 assessment.