

## Exemplify Competence: Self-Reflection Activity

Now that you have more information about some of the behaviors and attributes associated with **Exemplifying Competence**, 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>

#### Sets the Example

#### Your Rating

<b>26</b>	Demonstrates in his/her behavior a commitment to high professional standards	
<b>27</b>	Goes the extra mile to ensure excellence in his/her work	
<b>28</b>	Is a role model for others	
<b>29</b>	Demonstrates personal mastery of the skills associated with his/her position	
<b>30</b>	Strives to be the best	
<b>SUBTOTAL SCORE</b>		

#### Displays Expert Power

#### Your Rating

<b>31</b>	Often knows the best way to accomplish tasks	
<b>32</b>	Presents logical arguments and supporting evidence to influence others	
<b>33</b>	Uses his/her credibility and persuasion to get things done	
<b>34</b>	Demonstrates skillful analytical and planning abilities	
<b>35</b>	Influences others because of his/her expert knowledge	
<b>SUBTOTAL SCORE</b>		

**Exemplify Competence: Self-Reflection, *Continued***

**Builds Trust**

**Your Rating**

<b>36</b>	Has the capacity to lead effectively in different environments	
<b>37</b>	Makes decisions that are trusted by others	
<b>38</b>	Inspires trust by demonstrating competence	
<b>39</b>	Knows his/her limitations and when to ask for help	
<b>40</b>	Remains current on policies and procedures within his/her profession	
		<b>SUBTOTAL SCORE</b>

**Exhibits a Wealth of Skills**

**Your Rating**

<b>41</b>	Possesses a diverse set of skills	
<b>42</b>	Consistently demonstrates mastery of tasks	
<b>43</b>	Can provide useful input on almost every problem	
<b>44</b>	Is the first point of contact for troubleshooting/problem-solving issues	
<b>45</b>	Draws on a wide range of work experience	
		<b>SUBTOTAL SCORE</b>

**Acts as a Source of Knowledge**

**Your Rating**

<b>46</b>	Is seen as an expert in his/her field	
<b>47</b>	Has the know-how to be effective in his/her profession	
<b>48</b>	Is the go-to person for information about his/her profession	
<b>49</b>	Consistently demonstrates a high level of professional knowledge	
<b>50</b>	Is considered a valuable resource for professional matters	
		<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 for 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.