

WORKSHEET

OBJECTIVE

THIRD PARTY REVIEW

FORMS

A TOOL FOR DEVELOPING
SELF-AWARENESS

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OBJECTIVE AWARENESS REVIEW FORMS

CLOSE THE GAP

There is a clear gap between our self-views and the other people's views of us. The bigger the gap, the larger the issues we may face and the more dysfunctional our relationships will be. One of the primary aims of self-awareness is to achieve an honest, full, unbiased perspective of the self. This requires being able to step away from your own ego and individual experiences to view yourself objectively.

These worksheets are designed to help you develop a more objective perspective of yourself in order to identify blind spots and become more aware of how you are perceived.

HOW TO USE THESE WORKSHEETS

You can complete this worksheet yourself or you can ask a third party to do it. Both methods have their benefits.

SELF-ASSESSMENT

Fill this assessment out yourself, but from the perspective of a third party. Try to fully imagine yourself in the shoes of someone close to you, and try to answer the questions as if you were them. This is an excellent thought exercise for viewing your behaviors from a different perspective.

THIRD PARTY REVIEW

Ask those closest to you to complete this assessment as well. Let them know that you are looking for complete honesty in the interest of developing yourself, and that you will respect whatever they decide to share with you.

Some of their responses may be confronting to you, but try not to take it personally. Realize that this feedback is not meant to hurt you; instead, it is about becoming more self-aware. If you do feel triggered or upset by some of the feedback, I encourage you to dig deeper and ask yourself why. This type of self-inquiry is incredibly useful for uncovering hidden hang-ups.

OBJECTIVE REVIEW FORM

The purpose of this exercise is personal growth. This can only happen in the presence of truth. Please answer each question as honestly and thoroughly as you can.



What are this person's three biggest strengths?

What three areas can they improve on?

What three words best characterize this person?

OBJECTIVE REVIEW FORM

What do you wish this person could see about themselves?

What is your favorite memory with this person?

What do you admire most about this person?

OBJECTIVE REVIEW FORM

Please rate the following qualities on a scale of 1 to 10, with 1 being very low and 10 being very high.



Dependability

1 2 3 4 5 6 7 8 9 10

Openness

1 2 3 4 5 6 7 8 9 10

Creativity

1 2 3 4 5 6 7 8 9 10

Communication

1 2 3 4 5 6 7 8 9 10

Confidence

1 2 3 4 5 6 7 8 9 10

Kindness

1 2 3 4 5 6 7 8 9 10

Cooperation

1 2 3 4 5 6 7 8 9 10

OBJECTIVE REVIEW FORM

If you rated any of these qualities an 8 or higher, can you explain why?

If you rated any of these qualities a 4 or lower, can you explain why?

Is there anything else you would like to say about this individual in an effort to help them improve their self-awareness, reduce blind spots, and further their personal development?

RESULTS EVALUATION

After you've read the answers provided in the objective review, reflect on what you've learned and then complete this evaluation. Writing down your thoughts will help you process the information, formulate your next action steps, and improve your emotional intelligence.



Do you agree with the opinions expressed in the assessment?

Did anything surprise you? If so, what?

What emotions are you currently feeling?

Do you feel compelled to take any action after reading through the assessment? If so, what specifically?