



## **Lead yourself to Lead others: Self-Awareness Assessment for Church Leaders**

This assessment is intended to help you reflect on how your beliefs, emotions, behaviours, and motivations impact others and your leadership. It is intended for personal growth, not evaluation.

Instructions:

Read each statement and rate how true it is for you most of the time using the scale below.

Scale: 1 = Strongly Disagree | 2 = Disagree | 3 = Sometimes True | 4 = Mostly True | 5 = Strongly Agree

### **Section 1: Self-Understanding & Identity**

1. I have a clear sense of why I serve in my church. Rating: \_\_\_\_
2. I understand my main strengths and gifts. Rating: \_\_\_\_
3. I am aware of my common weaknesses or blind spots. Rating: \_\_\_\_
4. My identity is rooted more in Christ than in my role or performance. Rating: \_\_\_\_
5. I recognise how my past experiences shape how I lead today. Rating: \_\_\_\_

### **Section 2: Emotional Awareness & Regulation**

1. I can recognise my emotions as they arise. Rating: \_\_\_\_
2. I remain calm and constructive under pressure or criticism. Rating: \_\_\_\_
3. I notice when stress or fatigue is affecting my behaviour. Rating: \_\_\_\_
4. I express emotions in ways that are appropriate and healthy. Rating: \_\_\_\_
5. I recover well after conflict or disappointment. Rating: \_\_\_\_

### **Section 3: Relational Awareness (Impact on Others)**

1. I am aware of how my words and tone affect others. Rating: \_\_\_\_
2. I notice when someone feels unheard or overlooked. Rating: \_\_\_\_
3. I adapt my communication style to different people. Rating: \_\_\_\_
4. Others feel safe to share honestly with me. Rating: \_\_\_\_

5. I recognise when my actions unintentionally discourage others. Rating: \_\_\_\_

### **Section 4: Feedback & Humility**

1. I welcome feedback, even when it is uncomfortable. Rating: \_\_\_\_

2. I resist becoming defensive when corrected. Rating: \_\_\_\_

3. I seek input from others before making decisions Rating: \_\_\_\_

4. I can admit mistakes openly. Rating: \_\_\_\_

5. I actively learn from failure. Rating: \_\_\_\_

### **Section 5: Values, Integrity & Alignment**

1. My actions align with my stated values. Rating: \_\_\_\_

2. I live consistently, even when no one is watching. Rating: \_\_\_\_

3. I am clear about my non-negotiable convictions. Rating: \_\_\_\_

4. I recognise when pressure tempts me to compromise. Rating: \_\_\_\_

5. I regularly examine my motives for serving. Rating: \_\_\_\_

### **Section 6: Spiritual Self-Awareness**

1. My personal spiritual practices are consistent. Rating: \_\_\_\_

2. I can recognise when my walk with God is becoming distant. Rating: \_\_\_\_

3. I do not confuse busyness in ministry with closeness to God. Rating: \_\_\_\_

4. I seek God's guidance before reacting or deciding. Rating: \_\_\_\_

5. I invite God to examine my heart regularly (Psalm 139:23–24). Rating: \_\_\_\_

### **Reflection**

- What surprised me most in this assessment?
- Where might God be inviting me to grow?
- What is one behaviour I could change that would most benefit others?
- Who could support me in becoming more self-aware?

### **Optional Scoring Guide**

120–150: Strong self-awareness – continue mentoring others

90–119: Healthy awareness with growth opportunities

60–89: Development needed – focus on reflection and feedback

Below 60: Pause, seek guidance, and invest in self-understanding

Scores are indicators, not judgments.