

THE HUGHES AUTHORITY SELF-ASSESSMENT

BEHAVIORAL TRAIT	1 BURDEN	2 DEVELOPING	3 POSITIVE	4 INSPIRATIONAL	5 CONTAGIOUS
CONFIDENCE	<p>Unable to start conversations with a stranger Panic when meeting new people Unable to introduce self to strangers Socially withdrawn Unable to accept compliments Takes criticism far too personally Unable to offer own opinions in conversation Frequent, gripping indecision Gives up on goals frequently Changes self to please others</p>	<p>Can't put phone down in social situations Frequently accentuates the negative in situations Backs down easily in disagreements Unable to offer differing opinions Gives up on goals after setbacks Compares self to others frequently Frequent slouching body posture Doubts own judgment regularly Allows others to be rude or allows 'putdowns' Feels inferior around most strangers</p>	<p>Tendency to over analyze what people say Sometimes unable to voice contradictory opinions Compares successes to others' success Measures self worth by outside opinions and factors Confidence comes from validation from others Need to reassure self with personal accomplishments Able to start conversations with strangers if all circumstances are supportive of it Able to receive compliments - somewhat uncomfortably</p>	<p>Influences and encourages others through behavior Influences others to become more confident Able to tactfully disagree and maintain harmony Takes action with little reservation or apprehension Thanks others for respectful criticism Sets relevant and focused goals and shares them Able to start conversations with strangers Able to become interested in others in conversation Able to be 'in the moment' in conversation</p>	<p>Confidence is contagious Able to converse with anyone at any time Receives criticism well, regardless of the source Self image is positive Has no need for reassurance Takes action without reservation Tactfully stops all negativity Sets detailed, relevant and timely goals Others emulate their behavior and personality traits</p>
DISCIPLINE	<p>Neglects daily tasks Does not set active Goals Does not make plans from goals Unable to form new habits Does not follow a personal routine Makes poor fitness and diet choices Poor personal appearance Unable to prioritize time Unable to correct negative behaviors Unable to keep a clean living space</p>	<p>Only accomplishes tasks that are of self-interest Minimal contribution to appearance and hygiene Sets goals that contribute little to personal growth Sets goals and neglects them Starts forming new habits but quits Prioritizes only what's enjoyable Impulsive shopping and buying behavior</p>	<p>Neglects tasks that aren't 'fun' Gets the most important things done Distracted by electronics frequently Spends money needlessly on occasion Mostly able to wake up on time Makes reasonable decisions on diet and fitness Sets goals with intent and plans to achieve them</p>	<p>Others follow their lead with discipline Able to wake up when planned Able to set focused, relevant goals, takes action Keeps up home environment and surroundings Neat physical appearance - well-groomed Makes and follows plans for health and development Financially responsible and makes financial plans Non-impulsive when spending and shopping Prioritizes time, plans ahead, follows schedule Able to say 'no' when priorities don't align</p>	<p>Able to form new habits easily without distraction Accomplishes goals and the milestones for them Manages time based on priority every day Manages finances and keeps a responsible budget Gets tasks done regardless of how 'fun' they are Will prioritize goals over enjoyment almost always Plans ahead, executes plans Creates a desire for self discipline in others Has a contagious sense of personal discipline</p>
LEADERSHIP	<p>Takes personal credit for subordinates successes Blames others for life circumstances Poor communicator - unable to persuade friends Sets a low example for others in their life Lacks ability to endure stress Poor emotional control - prone to outbursts or fits Puts people around self down to feel better or superior Frequent lies told to family and friends Over-inflates success and contributions made Looks specifically for negative attributes in others</p>	<p>Self-aggrandizing attitude Blames circumstances for failures Poor communicator - unable to speak to goals Behavior changes drastically during stressful events Inflates stories with 'white lies' on occasion Unable to see good qualities in most people Mostly unconcerned for the development of others</p>	<p>Makes others feel comfortable Able to reason with others Sets a positive example for subordinates Engages with others fully when in a good mood Able to handle some stressful situations Allows some stress to burden others A clear communicator Displays humility when possible</p>	<p>Inspires others to behave in similar ways Sets a positive example through behavior Sets a positive example verbally Inspires growth in people around them Offers credit to subordinates whenever possible Genuine concern for the development of others Genuine interest in others in conversation Makes others feel interesting and significant Not prone to outbursts or fits when stressed Able to persevere through stressful events</p>	<p>Sets the example for everyone Personal leadership is contagious and spreads to others Never takes credit for team's accomplishments Lifts others up, looks for the best in others always Makes everyone feel significant and interesting Honest and tactful. Able to be respectful and still communicate 'bad news' or criticism Contagious composure inspires trust automatically Displays humility always</p>
GRATITUDE	<p>Overall ungrateful - sees negative aspects of everything Unable to make a list of positive things in life Unable to express thanks for things Unable to express gratitude to others Sees negative where others are thankful Frequent illness and lack of concern for it Depression and worry about future ruins most days Doesn't thank others or try to repay favors - Cicero Believes people with gratitude are 'faking it'</p>	<p>Easily overcome by stress Has small sense of entitlement Easily shut down by setbacks Believes most people are 'faking it' Worries even when most things are going well Lacks appreciation for shelter, food, and health Mostly doesn't express appreciation to others Able to feel thankful if a major event occurs</p>	<p>Expresses thanks when it's needed Able to see what's important in most cases Will feel thankful when reminded Can see the positive side of events most of the time Able to express gratitude when joyous events happen Able to experience gratitude for other's happiness</p>	<p>Encourages others to be grateful and give thanks Comfortable talking about how grateful they are to anyone Feels grateful throughout the day for small things Expresses gratitude openly to others Inspires others to notice how lucky they are Makes a conscious effort to see the best in others Able to feel thoroughly thankful while ill Points out the positives in 'negative' events</p>	<p>Says 'thank you' with behavior and actions Says 'thank you' internally throughout the day Appreciates things where others become bitter Creates an environment where others become thankful Contagious sense of gratitude Creates grateful people through behavior alone Expresses appreciation for others regularly Needs no reminder to 'count blessings' Sense of gratitude is socially magnetic</p>
ENJOYMENT	<p>Lacks ability to express appreciation for things Thinks others are 'out to get them' Lacks the ability to deal with stressful situations Unable to be in a public setting without criticizing others No concern for the enjoyment of others Unable to encourage others Poor attitude - negative impact on people around them Depression is frequent Cannot fully complete tasks and assignments at work Sets goals to avoid pain - if at all</p>	<p>Frequent bouts of self-doubt during depression Feels that there is a force working against them Negative impact on others when stressed Starts tasks and endures only as long as they are enjoyable Goals are focused on avoidance of discomfort</p>	<p>Able to enjoy situations as long as conditions remain Experiences enjoyment when environment supports Experiences stress in traffic and occasionally Outside world dictates whether they have a 'good day' Experiences a mostly positive life Sees the good in others when it's very apparent Avoids negative discussions Able to overcome negative thoughts most of the time</p>	<p>Very rarely criticizes others Complains only when it's absolutely necessary Needs no environmental event to enjoy the moment Encourages others to feel good Encourages others in the pursuit of their goals Sets positive goals and is comfortable sharing them Positive impact on others during stressful circumstances Creates a positive experience for others in conversation</p>	<p>Sees the best in others Encourages others in their goals, dreams and life Positive impact on everyone they meet Magnetic sense of happiness and fun about life The 'rock' in stressful situations Seen by all as the example of composure Measurably contributes to other's lives - sometimes through presence alone Endures hardships without overwhelm or stress Sense of well-being is magnetic and contagious</p>