

Your honest opinion of yourself

ATTRIBUTES/TRAITS	Rate each item on a scale of 1-10
Overall Appearance	
Dress Well/Nice Clothing	
Healthy Weight	
Hair	
Grooming	
Facial Appearance—Skin/Makeup	
Overall Physical Carriage	
Posture	
Body Language	
Open/Confident/Poised	
Strong/Vibrant/Energetic	
Overall Communication Skills	
Speech	
Writing	
Good Listener	
Clarity	
Speaking in Public	
Overall Intelligence and Aptitude	
Educated	
Experienced	
Street Smart	
Talented	
Well-Versed in Current Affairs	
Good with Numbers and Math	
Read and Write Well	
Overall Personality	
Confident	
Ambitious/Motivated	
Serious/Reliable	
Friendly/Happy	
Caring/Considerate/Tolerant	
Patient	
Relate Well to Others	
Cool Under Pressure or Stress	
Overall Professional Skills	
Leadership	
Organized	
Multi-Tasker/Time Management	
Preparedness	
Motivator	
Computer Ability	
Clear Thinker	
Overall Etiquette	
Personal Manners	
Business Manners	
Overall Health	
Physically Fit	
Eat Well	
Sleep Well	
Strong/Vibrant/Energetic	