

# Self-Assessment Exercise

Assess yourself on a scale of 1 to 5, with 1 signifying an area for improvement, and 5 an area of personal strengths. Re-evaluate yourself every couple of years to see how you are doing!

## **Patience Level**                      1   2   3   4   5

Reporters and constituents may ask you inappropriate questions. You may be asked the same question many times. Can you remain calm when dealing with people whom you find annoying or frustrating?

## **Leadership**                              1   2   3   4   5

Do you like working with people? Do people trust and confide in you? Are you able to listen empathetically to someone else's problems or concerns? Are you able to delegate responsibility effectively? Are you able to openly demonstrate your appreciation for the hard work and loyalty of your supporters? Do you have access to individuals and groups who would work for your campaign?

## **Public Speaking**                      1   2   3   4   5

Can you speak easily and comfortably in front of diverse groups and to the media? Are you articulate? Are you able to communicate potentially complex ideas in a way that everyone can understand? Does it take you a long time to practice a speech before you feel comfortable, or do you need only to read it once or twice to ensure you remember the key points? Are you able to handle unanticipated questions effectively?

## **Stress Management**                      1   2   3   4   5

Can you set priorities and follow them? Can you deal with the highs and lows during your campaign with a fairly even temperament? How well can you handle competing demands for your time? Are you able to do many different tasks at once, or are you easily overwhelmed by disorganization and confusion?

## **Stamina and Endurance**                      1   2   3   4   5

Are you able to work long hours under stressful conditions? Can you pace yourself? Are you able to travel well and schedule your activities so you do not burn out? Are you able to stop and say no before you become completely exhausted? Do you have the physical stamina for door-to-door canvassing during election campaigns?

## **Impact on Personal Life**                      1   2   3   4   5

Does your family support the idea of your involvement in politics? Can you modify or take a leave from your work and volunteer commitments? Do you have family and friends who can take over your family commitments during the campaign? Do you have a network of friends you can trust and who can provide moral support? Could you, when necessary, put the needs of your constituents ahead of your own, especially with regards to your time?

## **Political Know-How**                              1   2   3   4   5

Do you know how government works? Do you have adequate knowledge and understanding of the issues? Do you know where you stand on these issues? If you are involved in party politics, do you know the stance of your party? Do you know how to engage in the political world, such as when to say what, how much to say, and to whom? Do you know what resources are available to help you become more informed?