



Personal Growth Assessment

Where Is Your Best Place to Begin?

Personal growth can feel overwhelming when you know something needs to change but you aren't sure *what* needs to change first.

You may feel stuck. You may have lost confidence in yourself. Perhaps experiences from your past continue to shape how you see yourself today. You may have spent so much time adapting to other people's expectations that you've lost touch with your own voice. Or somewhere along the way, your sense of worth may have become tied to achievement, approval, relationships, or how other people respond to you.

This assessment is designed to help you identify your **Personal Growth Starting Point**.

There are no right or wrong answers. Don't spend too much time analyzing each statement. Choose the response that most closely describes you *right now*.

How to Answer

For each statement, give yourself a score from **0–4**:

- 0 — Not at all like me**
- 1 — A little like me**
- 2 — Sometimes like me**
- 3 — Often like me**
- 4 — Very much like me**

Record your number beside each statement.

The Assessment

- 1.** I know there are things I want to change in my life, but I have difficulty getting myself to actually begin. _____
- 2.** I sometimes measure my value by how other people respond to me, approve of me, or need me. _____
- 3.** Experiences from my past still influence the way I think about who I am today. _____

4. I sometimes hold back what I really think, feel, want, or need because I worry about how other people will react. _____
5. I second-guess myself even after I have made a reasonable decision. _____
6. I can spend a great deal of time thinking about what I should do without actually moving forward. _____
7. Criticism, rejection, or disappointment can make me question my value as a person. _____
8. There are old messages about myself that I intellectually know may not be true, yet they still feel true. _____
9. I sometimes agree, accommodate, or stay quiet when I actually want to say something different. _____
10. I avoid certain opportunities because I am not sure I can handle them successfully. _____
11. I sometimes feel as though I am waiting to feel motivated, certain, or ready before I make a change. _____
12. I find myself trying to prove that I am good enough through achievement, helping others, being needed, or getting things right. _____
13. I sometimes interpret what is happening now through the lens of what happened to me earlier in life. _____
14. It can be difficult for me to identify what I actually want when other people's expectations are involved. _____
15. I tend to notice my mistakes & weaknesses more easily than my abilities & progress. _____
16. Even when I understand why I am unhappy with something, I can remain caught in the same pattern. _____
17. Deep down, I sometimes wonder whether I am truly enough just as I am. _____
18. I sometimes describe myself using labels or conclusions that originated during difficult periods of my life. _____
19. I sometimes need reassurance or permission from others before trusting what I already think or feel. _____
20. Fear of making the wrong choice sometimes keeps me from taking reasonable risks or trying something new. _____

21. I have areas of my life where I feel as though I keep circling the same problem without creating meaningful movement. _____
22. When something goes wrong, I can move quickly from "*I made a mistake*" to "*There is something wrong with me.*" _____
23. I would like to separate who I am today from some of the conclusions I formed about myself in the past. _____
24. I want to become more comfortable expressing myself clearly without feeling guilty, selfish, difficult, or afraid. _____
25. I sometimes wait until I feel confident before acting rather than allowing confidence to develop through experience. _____

Discover Your Personal Growth Starting Point

Transfer your answers below and add the five numbers in each group.

A Questions 1 + 6 + 11 + 16 + 21 _____ + _____ + _____ + _____ + _____ = _____

B Questions 2 + 7 + 12 + 17 + 22 _____ + _____ + _____ + _____ + _____ = _____

C Questions 3 + 8 + 13 + 18 + 23 _____ + _____ + _____ + _____ + _____ = _____

D Questions 4 + 9 + 14 + 19 + 24 _____ + _____ + _____ + _____ + _____ = _____

E Questions 5 + 10 + 15 + 20 + 25 _____ + _____ + _____ + _____ + _____ = _____

Your **highest score** identifies the Personal Growth Door that may be the most useful place for you to begin.

This doesn't mean the other areas aren't important. In fact, these patterns frequently overlap. Your highest score simply gives you a starting point—a place to begin UNcovering what may be getting in the way of becoming more fully yourself.

Your Five Personal Growth Doors

If A Is Your Highest Score:

DOOR 1 — WHY DO I FEEL STUCK?

You may know that something needs to change and may even understand *what* needs to change, yet still find yourself unable to create consistent movement.

Being stuck isn't necessarily a lack of motivation. Sometimes we remain stuck because change involves uncertainty, discomfort, fear, old habits, or giving up something familiar—even when the familiar isn't working very well.

Your starting point is learning to understand **what keeps you stuck and what helps you begin moving again.**

OPEN DOOR 1 → Why Do I Feel Stuck?

If B Is Your Highest Score:

DOOR 2 — WHERE DID MY WORTH GO?

Your answers suggest that your sense of worth may have become connected to approval, achievement, usefulness, relationships, performance, or getting things right.

When worth becomes conditional, everyday disappointments can begin feeling like judgments about *who you are* rather than simply experiences you're going through.

Your starting point is separating **your value as a person from the things you do, accomplish, provide, or receive from others.**

OPEN DOOR 2 → Where Did My Worth Go?

If C Is Your Highest Score:

DOOR 3 — AM I STILL LIVING MY OLD STORY?

All of us develop stories about ourselves. Some were formed through childhood experiences, relationships, failures, rejection, criticism, loss, trauma, or difficult seasons of life.

The problem isn't that you have a story. The problem occurs when an old story continues defining a person who has changed.

Your starting point is learning to distinguish **what happened to you from what those experiences taught you to believe about yourself.**

OPEN DOOR 3 → Rewriting My Story

If D Is Your Highest Score:

DOOR 4 — WHERE DID MY VOICE GO?

Your answers suggest that you may have learned to protect relationships, avoid conflict, please others, or maintain acceptance by minimizing your own thoughts, feelings, preferences, boundaries, or needs.

Finding your voice doesn't mean becoming louder, demanding, or confrontational. It means becoming increasingly able to recognize what is true for you and express it respectfully.

Your starting point is learning to **hear your own voice before deciding how you want to use it.**

OPEN DOOR 4 → **Discovering My Voice**

If E Is Your Highest Score:

DOOR 5 — WHY DON'T I FEEL CONFIDENT?

You may be waiting for confidence to arrive before you act.

But confidence often develops in the opposite direction.

We try something. We tolerate uncertainty. We survive mistakes. We discover that imperfection isn't catastrophe. Gradually, experience provides evidence that we can trust ourselves.

Your starting point isn't trying to *feel confident enough*. It is beginning to understand how **confidence is built.**

OPEN DOOR 5 → **Confidence Is Built**

What If Two Scores Are Almost the Same?

That's normal.

Personal growth doesn't divide neatly into categories. Your self-worth can influence your confidence. Your old story can affect your voice. Losing your voice can contribute to feeling stuck.

If two scores are tied—or only **1–2 points apart**—read both results and ask yourself:

Which of these is creating the greatest difficulty in my life right now?

Start with that Door.

You aren't choosing the only area you need to work on. You are simply choosing **where to begin.**

Your Starting Point

Personal growth doesn't require changing everything at once.

It begins by UNcovering the pattern that may be holding you back, UNderstanding where it came from, UNlearning what no longer serves you, and beginning to become something different.

UNcover. UNderstand. UNlearn. Become.

This assessment is provided for educational and self-reflection purposes. It is not a psychological test, diagnostic instrument, or substitute for professional mental health evaluation or treatment.