

360 Degree Review

Dear _____,

I am participating in an exercise to develop my emotional intelligence. I have the opportunity to receive input from family and friends. This process is to help me determine how I see myself, how others see me and appropriately make adjustments. Please take a few moments to answer the questions below and return to me by _____.

1. What do you think are my best qualities?

2. What do you think are my greatest constraints?

3. How well do you think I know myself?

4. In what ways have I earned your respect?

5. What one thing do you think I could do to improve my life and my ability to relate to others?

6. Do you believe I am open to constructive criticism and to making personal adjustments when others speak the truth appropriately to me?

7. How do you think I handle pressure? In what way do you think I could handle pressure better?

8. How would you describe my reputation?

On scale 1 to 10:

9. Do you trust that I make good decisions?

1 2 3 4 5 6 7 8 9 10

10. Am I accountable to what I say I will do?

1 2 3 4 5 6 7 8 9 10

Comments on #9-10:

Thank you for investing in me with your valued insight!