



Hospitality Practice I

Self Assessment Exercise

Complete the self-assessment below.

Once the self-assessment is completed, compile a list of five (5) positive and three (3) negative attributes based on the answers of the assessment.

Once you have compiled the list, let someone you trust also complete an assessment on you by listing positive and negative attributes they think you possess.

After both lists have been completed, amend your list of positive and negative attributes based on these assessments.

Self-assessment Questions

- What subjects of school / college / university did I like and why?

- Was I involved in any other activities and what did I enjoy about them?

- What are my interests outside of school /university / work?

- Which element of each job I have had have liked and dislike?

- What am I like (my personality) at home?

- Does my personality differ when at home vs at school/university/work?

- Do I see myself as an introvert or an extrovert and why?



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- Do I like groupwork or do I prefer to work on my own?
 - What conditions do I work best under?
 - Do I like change – does it stimulate me or challenge me?
 - Do I like to socialize in a big group or a small group and why?
 - Is other people opinion important to me?
 - Do my family commitments influence my choices in life?
 - Do I live to work or work to live?
 - Am I a planner or a doer?
 - Am I more task-orientated or people-orientated?
 - Have I ever been praised at work or for a job well done and how did I react to it?
 - Have I ever been confronted by a difficult client, how did it make me fee, and how did I handle it?



Positive attributes	Negative attributes