

# Self Evaluation Form

Name \_\_\_\_\_ Class \_\_\_\_\_

Position \_\_\_\_\_ Date \_\_\_\_\_

“All our dreams can come true if we will just have the courage and dedication to pursue them.”

Walt Disney

**\*Rate yourself in the Seven Attitude traits listed below by circling the appropriate level\***

<b>Courage:</b>	Low	Below Average	Average	Above Average	High
<b>Character:</b>	Low	Below Average	Average	Above Average	High
<b>Persistence:</b>	Low	Below Average	Average	Above Average	High
<b>Commitment:</b>	Low	Below Average	Average	Above Average	High
<b>Difference Maker:</b>	Low	Below Average	Average	Above Average	High
<b>Leadership:</b>	Low	Below Average	Average	Above Average	High
<b>Focus:</b>	Low	Below Average	Average	Above Average	High

For Discussion:

1. List the three attitude traits in which you rated yourself the highest. What can you do to use these traits to promote your best performance?

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2. List the three attitude traits in which you rated yourself the lowest. What action can you take to improve yourself on these three attitude traits?

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*“A Hero is no braver than an ordinary man, but he is brave five minutes longer”*

*Ralph Waldo Emerson*

# Goal Setting Worksheet

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Type of Goal: Personal \_\_\_\_\_ Academic \_\_\_\_\_ Life \_\_\_\_\_

State Your Goal:

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Set a Deadline: \_\_\_\_\_

Identify the Obstacles:

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Identify the people or groups who can help you accomplish this goal:

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List the Benefits of Achieving this Goal:

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List the Skills you will need to Achieve this Goal:

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Identify your plan for achieving this Goal:

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# Mastering The Seven Traits of a Winner

## Courage

### Decide

From this moment on, I choose to be courageous in the way I live my life. Just like the Lord told Joshua in the Bible when he was getting ready to take the Promised Land - "Be strong and **courageous**. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." I recognize that there are uncertainties in life, just like there was for Joshua. Joshua knew he would face giants, walls, and adversities, but he could remain courageous because God was on his side. I know that God is on my side as well. He wants what is best for me. I have my own promised land to conquer. In conquering this land, I will face my own giants, I will run into my own walls, and I will face my own adversities. These things do not scare me. I will face them boldly. I will charge them just as David charged Goliath. I will not run from the obstacles that come before me. Instead, with God's guidance, I will form a plan and I will overcome each obstacle that blocks my path.

In the future, when I am faced with a choice of doing what is right or doing what is popular, I will always do what is right. I am more concerned with what God thinks of me than what other people think. I will not be influenced by the direction in which others are running. Instead, I will listen to my conscience and I will follow God's guidance. I will do what it is right.

In showing courage, I realize that I might empower others around me to show courage as well. I take that responsibility seriously and I welcome the challenge. Most of the time, there are others in the room, on the field, or on the court that are waiting and hoping for someone else to have the courage to do the right thing. When someone else stands up and does what is right, they too feel encouraged and empowered to follow that other person's lead and go in the right direction. I will be that person. If my courage encourages another, it is all the more reason for me to do what is right.

I understand that courage is not the absence of fear. Like John Wayne said, "Courage is being scared, but saddling up anyway." Just because there are times in my life when I am afraid does not mean that I am not courageous. Fear is a part of life and it has its purpose. However, I refuse to let fear keep me from doing what needs to be done. Just as

Paul says in 2 Timothy 1:7, "God did not create in me a spirit of timidity, but of power, of love, and of self-discipline." My self-discipline and my faith have the power to overcome my fear. I refuse to let fear of failure or the fear of others opinions stand in my way. I am Courageous, I am 1 out of 100, I trust in the Lord, and I know that He is with me always.

**Define**

I resolve to avoid the following things (certain TV Shows, Movies, Books, Music, things online, etc) that would seek to weaken my courage:

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I resolve to seek out and pursue the following things (Books, Music, Movies, People, Shows, etc,) that will strengthen my courage:

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**Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guard my mind from things that will weaken my courage, and fill my mind with things that will strengthen my courage.

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Signature

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Date

# Character

## Decide

Beginning today, I choose to live a life of character. I choose to actively do what is right. When I see a need, I will do everything in my power to meet that need. It can be something as simple as picking up a piece of trash, or it can be as bold as defending someone who is being unjustly treated. I refuse to be an inactive bystander to life. The world is in need of people who are willing to do the right thing. I am one of those people.

I am a person of character. I value the name I have been given. My name will be whatever I choose to make it. I choose to make it great. As it says in Proverbs Chapter 22 verse 1, "A good name is more desirable than great riches..." My name, my life will be defined by my character, and my character will be defined by my actions. What I do speaks so loud no one can hear what I say. My actions are also a representation of what is truly in my heart. I will therefore choose my actions carefully and guard against foolish decisions just as I have committed to guard what goes into my mind.

My actions will not be motivated by winning the approval of others. Rather, they will be motivated by living up to the standards I have set for myself. I have set my standards high for a reason and I refuse to lower them. Even on the days when my standards seem unattainable, I will continue to strive towards them. I fully understand that living a life defined by character is not easy, but I am up to the challenge. I understand that strong character results in a strong name and bad character results in a bad name. I will have a strong name. I will guard my actions with care. I will live a life defined by actively doing what is right. I will live a life of character.

## Define

I resolve to avoid the following things that would weaken my character or ruin my name:

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I resolve to seek out and pursue the following things that will strengthen my character and give credibility to my name:

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**Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guard my life from things that will weaken my character, and fill my life with things that will strengthen my character.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Persistence

## Decide

I refuse to quit. I am persistent in all of my efforts. I fully recognize that life will try to knock me down and sometimes it will succeed. Adversity may come in the form of losses, failures, criticism, setbacks, or disappointments but it will not deter me from getting up the next day and getting back in the fight. Every morning that I get out of bed, I will remind myself that when it comes to dreams - "you never can tell how close you are, it may be near when it seems afar." I will work as though my dream could come true at any moment. It could be right around the corner or the result of my next opportunity. When that opportunity comes, I will be prepared because I have stayed in the fight.

Adversity will not defeat me. I will use it to become wiser and stronger. Criticism will not deflate me. The words of critics will inspire me to work harder and longer. I realize that no city ever built a statue of a critic because somewhere along the way the critic quit on his dreams and now tries to keep others from theirs. Their tactics will not work on me. I am destined to do something significant with my life. The only thing standing in my way is time. I will use that time to build depth in my life just like the bamboo tree. Each day, each hour, each minute that I work adds depth to my life and strength to my roots. Even when I can't see that something great is happening, I will continue to have faith that something good is on its way. It is through that faith that I will continue to dream, continue to work, and refuse to quit. I will stay in the fight, I will refuse to quit, I will strengthen my roots. I am persistent.

## Define

I commit to avoiding the following things that would weaken my resolve or cause me to want to quit:

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I commit to seeking out and pursuing the following things that will strengthen my resolve and motivate me to remain persistent in my efforts:

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## **Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guard my life from things that will weaken my resolve, and fill my life with things that will motivate to keep working and help me to refuse to quit.

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Signature

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Date



# Commitment

## Decide

I am a committed and loyal person. If I say I am going to do something, the people around me can rest assured that it will get done. I fully realize that it is easy to commit to something when life is easy and the goal seems fun. However, remaining committed to something when life gets challenging, is a completely different story. It is in those moments where commitment is truly tested that I will rise to the top. I will prove my commitment in pushing forward and remaining faithful to what I said I would do.

When I commit to something or someone, they will get everything that I have. I will pour all that I am and all that I can be in to that task or relationship that I have committed to. I refuse to hold anything back. Some people will hold back on giving their best effort so they can look as though they weren't trying too hard or they didn't care that much - just in case they fail at what they are doing. I am not one of those people. I do not fear failure. If I fail while giving everything that I have, then I will step back, learn my lessons, and then try again. Commitment is not proven through easy successes. Commitment is proven through failures, bumps in the road, and overcoming challenges. That is who I am and what I do. I learn from failures, I climb over bumps in the road, and I use challenges as stepping stones to greater success.

My commitment is strengthened through the people and things that I value most in my life. I understand that selfishness will seek to destroy those relationships that I hold dear and thus weaken my commitment. I will not allow selfishness to govern how I think. When selfishness strikes, I will fight back. I will choke it out by reminding myself of those who are counting on me and the joy that will come when I fulfill my commitments. I will not be defined by selfishness. I am loyal. I pour everything I have into what I say I will do. I am committed.

## Define

I commit to avoiding the following things that would tempt me to waver on my commitments:

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I commit to seeking out and pursuing the following things that will strengthen my resolve and motivate me to remain true to my commitments:

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**Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guarding my life from things that will weaken my resolve, and filling my life with things that will help me to fulfill my commitments.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Difference Maker

## Decide

I am a difference maker. While I may have big dreams and big goals, I refuse to sit around and wait for my "one big opportunity." Instead, I will get out there and make difference today, and I will do it one person and one conversation at a time. I understand that those who are out there making a difference on a smaller scale each and every day, are the ones who are actually making the biggest difference in world.

The times when I volunteer in the community, speak to a group of kids, or help someone else in need are the times when I am making the biggest difference. DL Moody once said, "There are many of us that are willing to do great things for the Lord, but few of us are willing to do little things." It is when I am content to do the small things for God that I actually become the most useful to Him because a heart that is willing to do the small things is more concerned with lives changed than credit given.

I know that God has a plan for my life and it is a great plan. I am not discouraged by what I see around me in society today. It is just the opposite. I am encouraged to go out and make a difference. Because I am on God's team, I will not be just another jersey with a number on it. Instead, I will be a Difference Maker. I will be a force for good in a world that needs it now more than ever. My life and my very existence at this point in history is not an accident. I am here to be a Difference Maker and that is what I intend to do.

I will leave the places I go better than how I found them. I will encourage others so that they are better for having come into contact with me. I will show kindness and compassion to those in need. I will be a Difference Maker!

## Define

I commit to avoiding the following things that would inhibit my ability to be a difference maker in the lives of others:

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I commit to seeking out and pursuing the following things that will challenge and equip me to be a difference maker in the lives of others:

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## **Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guarding my life from things that will make me lazy, and filling my life with things that will help me be a difference maker in the lives of others.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Leadership

## Decide

I have within me the ability to be a great leader. I fully understand that to lead is to serve. Leadership is not defined by how good you are at a game, it is defined by how hard you work to help those around you. I will become a great leader by learning to be a bridge builder in the lives of those around me. I will defend, encourage, congratulate, and serve others in an intentional way each day. It is through those actions that I will be laying boards one by one on a bridge between my life and theirs. I refuse to be one who builds fences by being critical, judgmental, arrogant, and overly opinionated.

As a leader, I will recognize that everyone around me has value. When I notice someone doing something good or unselfish, I will make it a point to recognize what they have done and say Thank You. I fully realize that it is through these efforts that bridges are built, bonds are formed, and the foundation for me to become an effective leader has been laid.

When my foundation for being an effective leader is established, I will continue to work on the marks of good leadership. I will work each day to become proficient at my role, I will work to communicate well, I will display courage and a capacity to get things done, I will set an example with determination, foresight, and initiative, and I will work to be consistent in my self-discipline, responsibility, and respect for others.

Lastly, I will have high expectations for myself but I also realize that I cannot be perfect all of the time. The times when I make a mistake or I fail will be times where I learn something valuable. I will not allow my mistakes to rule my future. When I make a mistake, I will admit it, accept the consequences, and then move on. It is impossible to be a great leader or to accomplish great things without making some mistakes along the way. My mistakes will become opportunities to grow and through growing, I will become the leader I was meant to be.

I will build bridges. I will recognize the value in others. I will consistently work on the marks of a good a leader and I will turn mistakes into opportunities. I will become a great leader.

**Define**

I commit to avoiding the following things that would take away from my role as a leader:

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I commit to seeking out and pursuing the following things that will strengthen my resolve and motivate me to get better each day as a leader:

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**Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guarding my life from things that will weaken me as a leader, and filling my life with things that will help me continue to improve as a leader in life and on my team.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## **Focus**

### **Decide**

I am focused on the task set before me. Life might try to come at me in a way that is overwhelming, but I am up to the task. I know exactly what it is that I am shooting at and I will fight furiously to defend my position. Each morning when I wake up, I will remind myself of my goal, I will take aim, and I will start firing away at my target. If there are things in my life that are serving as distractions and they are seeking to take me further away from my target, I will remove those things from my life. My focus is clear. My hand is steady. Life can come at me as fast as it wants too. I am ready for the battle and I am focused on where I am going.

I understand a game can only be played one play at a time and the same is true in life. To win a game or to win in life, I need to focus on getting better each day. I will follow the formula for progress and make it my daily commitment.

I refuse to be satisfied with my current accomplishments. I am thankful for blessings of the past but I know there is more to do. I know there is more in me to give and I still have much to accomplish. Understanding that, I will focus on what is next and I will get better today.

I will focus all of my energies on the task at hand. If I am doing something, I will give it my full attention. If I am studying, I will focus everything I have on learning the material. If I am at practice, I will focus everything I have on mastering my position. If I am with friends, I will focus everything I have on being the best friend I can be. If I am in Church, I will focus everything I have on praising the Lord and thanking Him for the richness of his blessings.

I will forget the past and move on to a bigger and better future. I refuse to allow yesterdays failures to taint tomorrow's successes. Mistakes and failures are opportunities to learn. They are opportunities to grow and get better. I will make the most of those opportunities. I will learn my lessons and I will move on. The past will stay in the past and I will look ahead to a great future.

I will give everything that I have in all that I do. I understand that talent is given but success is earned. I will earn success because I will have worked hard for it. I will not

hold back when I take on a task because it might not work out. Instead, I will put myself on the line, I will give my best effort and I will walk away - win or lose - with the satisfaction of knowing that I gave all I had to give.

**Define**

I commit to avoiding the following things that would serve as a distraction and weaken my focus:

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I commit to seeking out and pursuing the following things that will strengthen my focus:

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**Deliver**

In signing my name, I commit to reading this decision every morning and every night for 30 days, guarding my life from things that will serve as a distraction and weaken my focus, and filling my life with things that will remind me of where I am going and what I am shooting for.

\_\_\_\_\_  
Signature

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Date