

Power Tools for Women Self-Assessment

Think about how you behave in your personal life. As you answer the questions, choose the number next to each statement that best describes you. Then, think about how you behave at work. Answer all the questions again, from a work frame of reference, with the number next to each statement that best describes you.

If you are not currently employed outside the home, think of that domain of your life as Public rather than Work.

4 – Always, 3 – Usually, 2 – Sometimes, 1 – Seldom, 0 – Never

	Personal Life	Work/Public Life	
A.			1. When I get started on something, I know where I want to end up.
			2. I take the time necessary to visualize a goal I want to achieve.
			3. I make sure the people I need to help me accomplish my goals are clued in to what those goals are.
Subtotal			
B.			1. I let my instincts guide me in decision making.
			2. Just because things follow conventional logic doesn't mean I'll do them.
			3. I can sense when something is "unsaid."
Subtotal			
C.			1. I am often a rule breaker.
			2. I often try things outside my comfort zone.
			3. Taking a risk usually brings me a reward.
Subtotal			
D.			1. I set limits and stick to them.
			2. I rarely give in to pressure from others.
			3. People know I mean what I say.
Subtotal			
E.			1. I end relationships.
			2. Rather than wait around hoping for things to improve, I detach from negative people or situations.

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			3. In declining circumstances, I either mentally or physically move on.
Subtotal			
F.			1. I ask a lot of questions.
			2. Sometimes I say nothing, waiting for more information.
			3. If I need information, I do the research and get it.
Subtotal			
G.			1. I keep in touch with people on a routine basis.
			2. I send people things for no reason.
			3. I initiate contact as much as others contact me.
Subtotal			
H.			1. I can get along with most people.
			2. People I don't like, never see my true feelings.
			3. I can find something to talk about with people, no matter who they are.
Subtotal			
I.			1. I have plenty of energy to get me through the day.
			2. I'm usually up for doing something.
			3. I am cheerful and smiling.
Subtotal			
J.			1. I ask for feedback.
			2. I check with people I trust to get their opinions and reactions.
			3. I think about what I want to do before I change something.
Subtotal			
K.			1. I always have a plan of action if things don't go as intended.
			2. I think about alternatives; in case I have to settle for less than I want.
			3. I'm prepared for surprises.
Subtotal			
Grand Total			Sum of all Subtotals

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The grand total indicates the extent that you are using all of the Power Tools in your toolbox. The lowest possible score for either Work/Public Life or Personal Life is 0. The highest possible score for either Work/Public Life or Personal Life is 132. Where do you fit?

0 – 28: You look as if you are Power Tool-less

It doesn't look as though you use any tools anywhere! What stops you from using your power and taking care of yourself? You need to start somewhere and get some success under your belt. Once you see what you can accomplish, you will be encouraged to do more.

29 – 56: Your Power Tools look new and unused

You are not really comfortable using your Power Tools. What gets in the way of grabbing a Power Tool? Can you create a plan to change that? Select a Power Tool and look for ways to practice and customize it. Who can you talk to for support?

57 – 84: Occasionally handy with a Power Tool

You've got some tool talent. Build on those and add some other Power Tools. Choose a Power Tool that you think would make a big impact on a situation or relationship. Practice until you are sick of talking about it (or others are tired of listening to you), and then go out and make things happen.

85 – 112: A Power Tool User

You look like a woman who has a good grasp of her Power Tools. Use your successes to build your confidence. Develop even more advanced ways to use your Power Tools. Choose one or two situations where you want to improve the outcome or develop a relationship, and create a strategy for success.

113 – 132: A Power Tool Master

You know how to use your Power Tools and you integrate their operation with your own personal style. Continue to use your tools and look for ways to employ them in accomplishing your goals.

Review the 11 Subtotals in both the Work/Public Life and Personal Life columns. A low score indicates a priority for progress.

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If the lower score was in:

			Check Which Domain		
			Work/Public Life	Personal Life	
A	Then start with chapter	3	And focus on using your Safety Goggles		Create your vision of success
B	Then start with chapter	4	And focus on using your Electrical sensor in		Follow your intuition
C	Then start with chapter	5	And focus on using your Demolition Hammer in		Break some rules
D	Then start with chapter	6	And focus on using your Tape Measure in		Set strong limits
E	Then start with chapter	7	And focus on using your Power Saw in		Cut away the relationships and situations that hold you back
F	Then start with chapter	8	And focus on using your Power Drill in		Get the right information
G	The start with chapter	9	And focus on using your Soldering Iron in		Make and maintain strong interpersonal connections
H	The start with chapter	10	And focus on using your Power Sander in		Get schmoozing
I	Then start with chapter	11	And focus on using your Battery Pack with Recharge in		Replenish your energy
J	Then start with chapter	12	And focus on using your Voltage Meter in		Get accurate information
K	Then start with chapter	13	And focus on using your Duct Tape		Have a back-up plan

The lower the score, the higher the priority. This may be the best place to focus your energy. You could see a major improvement by dealing with this first.

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Compare the Subtotal scores in Work/Public Life with the scores in Personal Life:

- If they are both low in both areas – You don't know where your Power Tools are?
- If one is low and the other is high – You can use this Power Tool, but you forget to take it with you.
- If they are both high – You are a proficient Power Tool user, ready to access your personal strength wherever you are.

Look at the Grand Total for each area overall:

- If you have higher scores in Personal Life than Work/Public Life, you are not being as effective there as you can be.
- If your scores are higher at Work/Public Life than they are in Personal Life, you are not being as effective there as you can be.
- If your scores are low in both domains, you may not be as happy and fulfilled as you could be.
- If your scores are high in both domains, you have a good handle on accessing your power and using it appropriately.

Note: There will be relationships and situations when you choose not to use your Power Tools. Using your Power Saw may not make sense when you are talking about a job that fits your current lifestyle or your husband's sister. In those situations, consider:

- Is choosing *not* to use a particular Power Tool in a specific situation a conscious choice?
- Is what you win worth as much or more than what you lose?
- Are you comfortable giving up your power?
- Does this behavior allow you to attain your goal?

If your answer is "yes", then don't worry too much about not using a specific Power Tool in a particular situation. You've created a situational situation. But giving up your power should be a conscious choice that works as part of an overall strategy to achieve your goal, and not as a default behavior.