

INTERVIEW / QUESTIONNAIRE - 50 QUESTIONS

Use the questions below as a guideline and compose your own questionnaire. Ask at least 20 people to complete including the following: a parent or both parents, a sibling, your best friend, other close friends, 2-3 acquaintances, employer / boss (if applicable), employee (if applicable), colleague (someone you work with), club or church member, someone you recently met (good for first impressions).

Consider using **Survey Monkey** to send out the questionnaire and to provide your respondents an opportunity to provide you the information that you request anonymously. In each case, provide the following request (or something similar):

COVER LETTER

“Dear [name], I am taking part in a self-improvement program. In order to achieve personal growth, it is important that I obtain feedback from outside parties so that I have a clear picture of what I currently present to the outside world. This survey contains 50 questions I’d like you to answer. It will take you approximately 30 minutes to complete. If you can’t think of an answer, type “unknown” in the relevant field. I would appreciate it if you try to answer as many of the questions as possible. This will help me create an action plan that will best serve me and help me achieve my personal goals. It will help me improve myself and my life. I know that this requires an investment of time and want you to know that if you should require the same from me, I’d be more than happy to provide you feedback. Taking stock is an important first step. I understand that your opinion is just that an *opinion* and doesn’t necessarily represent the entire truth and that is why I have committed to view the information objectively and compare and contrast the answers I receive from all respondents. With all the answers I receive from those I have sent this to, I will be able to piece together a more accurate picture of how the world currently perceives me. Please answer the following questions completely honestly from your own perspective. Base your answers on what you know of me over the period of time you've known me. Please **DO NOT** hold anything back for fear of offending me. I promise I will not be offended. Your honest assessment will help me to understand my areas of strengths and also weaknesses which will help me to become a better person, something I earnestly desire. Remember your honesty will help me. I will receive your answers but not your name. Anonymity is guaranteed and since I’m sending this to a rather extensive list of people, you can be assured that I will not wonder who sent what. This is the power of the “**current view**” assessment. It’s simply a reflection of what currently

is. Your investment of time to provide me the answers I seek is the greatest gift you can give me. Thank you in advance.”

QUESTIONS:

1. When you first met me what were your first impressions? (Short summary)
2. Describe me physically as though you were describing me to someone else who has never met me.
3. What is my style of dress (appearance) and what does it say about me? (Example: Classic, bohemian, Casual etc.)
4. Do I take care of my appearance? (Clean, well presented, good personal hygiene etc.)
5. Am I tidy or untidy, neat or messy?
6. Describe me mentally. (Intellect, intelligence)
7. Describe me emotionally (personality, character)
8. What do you perceive to be my greatest strengths?
9. What do you perceive to be my greatest weaknesses (opportunities for growth)?
10. Aside from my current career, what career/s could you see me excel in?
11. Would you say I am a leader, a team-player or a follower?
12. What do you really like / admire about me?
13. What don't you like about me or what do you find difficult to like?
14. Would you say I am trustworthy, reliable and have integrity?
15. Do I share information with others easily? (i.e. Am I a private person or very open with others in general)
16. Do you feel that I have achieved my full potential in life? (If not, why not?)
17. What do you feel that I have yet to achieve?
18. Would you describe me as 'insecure' in any way or do I appear to be confident and self-assured?
19. Would you say I am an optimist or pessimist?
20. Do you think I'm emotionally well balanced?
21. Would you trust my advice?
22. How well do I handle stress?
23. Am I a good listener? Do you feel like your opinions are valued when you speak with me?
24. Would you say I'm impatient or patient?
25. Am I stubborn or flexible?
26. Would you say I have a good sense of humor?
27. What makes me laugh?
28. What makes me cry?

29. What do you think my priorities are (work, family, God etc.) and in what order (list at least 3 priorities in order)
30. Would you say I am broad or narrow-minded?
31. Would you say I can be judgmental or critical about others?
32. If I wanted you to do something for me, how would I go about it?
33. When I am asked for something, how cooperative am I?
34. How would you describe my persuasive skills?
35. Would you say I'm a generally likable person?
36. Would you say that people take to me instantly or take a while to warm up to me?
37. Once people get to know me better, how do you think they would feel about me?
38. Would you say I am independent, inter-dependent, co-dependent or dependent?
39. Do I have good communication skills? Do I express myself clearly?
40. Am I wordy or succinct?
41. Where could I improve my communication skills?
42. Would you say that I am fair and balanced in a conflict situation?
43. Will I listen to reason when my views differ from yours?
44. Do I generally try to get her point across in a calm and rational manner?
45. How willing am I to give my time to others?
46. Do I tend to build people up or bring them down?
47. Do you think that I feel threatened by others and if so why?
48. List what you believe to be my bad habits or areas of personal weakness.
49. What advice would you offer me to improve myself or my quality of life?
50. Anything else you'd like to express that would help me understand myself better?