

The Core Life Skills Self-Assessment

Score yourself 0-2 across 8 skills that move your life forward.

Score Yourself: 0 = Rarely, 1 = Sometimes, 2 = Consistently

1.

2.

3.

4.

5.

6.

7.

8.
- I can clearly state what I want without over-explaining or apologizing

follow through on commitments to myself as reliably as to others

can have a hard conversation without avoiding it or letting it blow up

manage my money with a real plan, not just reacting to what is left

know how to break a big vague goal into a concrete next step

recover from setbacks in days, not weeks, back to steady

can ask for help or negotiate for myself without it feeling huge

My habits support my goals on autopilot, not on willpower alone

0

1

2

Your Score (out of 16)

Add up your points from every section above, then find your band below.

0-5: Starting Point

Most skills are not built yet, and that is normal. Pick the lowest score and start there.

6-10: Building

Real footing in a few areas. The low scores are your fastest wins.

11-13: Solid

Most of this is working. Close the last gaps and momentum compounds.

14-16: Strong

Real skill across the board. Next step is depth, not basics.

Get Your Personalized Skill-Building Path

Turn your lowest score into a 7-day plan with the course catalog.

Self-assessment for reflection, not a substitute for coaching or therapy.