

Are You A Dragon To Yourself?

Sometimes you don't see the frustration you create for yourself. People who know you well can see how you are sometimes a dragon to yourself.



Activity

Have a co-worker or leader rate you on the following qualities.

Rarely ←————→ Frequently

1	2	3	4	5	6	7	8	
								Avoids constructive feedback
								Is a perfectionist
								Displays self-doubt
								Procrastinates
								Lets others change his/her attitude
								Tries to please everyone
								Is critical about self
								Is afraid to take risks
								Blows events out of proportion
								Shows up unprepared
								Displays a moody attitude
								Dwells on problems instead of finding solutions
								Does not cooperate with others
								Tries to control others
								Has a hard time asking for help
								Brings personal problems to work