

The Public Servants' Survival Guide

A PERSONAL REPORT CARD

Grade yourself on a scale of 1 - 10 in the categories presented.

- 1 = You are an epic fail in this category
- 5 = You are average in this category
- 10 = You are perfection; an absolute rock star in this category

CATEGORY	SCORE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
TOTAL SCORE:	_____

90 - 100: Why are you here? You should be teaching this class! Now subtract 5 points for smugness. (Only kidding!)

80 - 90: You have a healthy level of self-awareness and are probably one pedicure or round of golf away from being refreshed to go the extra mile.

70 - 80: Time to schedule a night out with your best friends and get a good night's sleep. Immediately!

60 - 70: Stop trying to be Wonder Woman or Superman! You need help, some go-to people, a vacation and probably a martini (or a huge cookie.)

Under 60: You need a hug (and possibly a visit to the emergency room.) Or a vacation. Time to start taking care of YOU.