

# SELF-ASSESSMENT FOR WRITERS



CREATED BY  
*for*  
**the Writer's Soul** 

# WELCOME

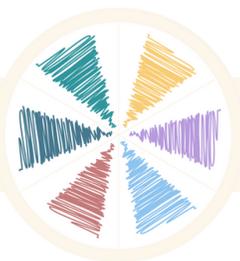


**This self-assessment is designed to help you identify your needs so you can refill what has been depleted – and your writer-self can thrive.**

As writers, we all have needs from time to time. But we can often become so absorbed in our day-to-day that we lose sight of what has become depleted.

Sometime, the best gift we can give our writer-selves is to step back and take inventory of what we need in order to *be* and *write* our best.

Take inventory of you as a writer. Discover what you need in order to find joy in writing... to be nurtured, confident, and inspired... and to be supported and empowered to step forward toward your goals. It is a valuable gift to your writer-self — and you're worth it!



# How to use this assessment

Use the following pages as your personal self-assessment of where you currently are in your relationship with your writer-self. Print these pages out, mark them up, and use them to increase your awareness of what you need.

The step-by-step instructions will take you through a series of questions, guide you to rate your answers, and then help you to visually represent your results. This will help you to clearly see what you need to focus on the most.

There are no *right* or *wrong* answers. Instead, this assessment is an opportunity to gain insight and empower your writer-self.



# STEP ONE

## YOUR SELF-ASSESSMENT

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Take a deep breath and go through each of the statements on the following pages. For each one, choose the best answer, selecting from *rarely true*, *sometimes true*, or *often true* depending on the extent to which you agree or disagree at this time.

Read each statement thoroughly and reflect upon it, but don't linger on any one for too long. Rather, select the answer that feels right to you and then move on to the next one.

These statements have been carefully selected to represent various aspects of your writing life and relationship with your writer-self. Please answer them honestly in order to get the most out of this self-assessment and best determine what you need most — so that your writer-self can thrive.

# Self-Assessment

Look at the statements below and answer *rarely true*, *sometimes true*, or *often true* depending on the extent to which you agree or disagree at this time.

		RARELY TRUE	SOMETIMES TRUE	OFTEN TRUE
1.	When I'm writing, I feel fulfilled and happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I feel supported and encouraged as a writer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I second guess myself and/or worry that others won't like what I am writing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	All my ideas have already been written, and/or I don't think I have anything new to add.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel like writing is a chore rather than something I want to be doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I give myself grace when I don't meet my expectations, and I love and respect myself no matter what.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I am easily distracted when I'm writing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I push myself hard, often sacrificing sleep, exercise, and/or nutrition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I am clear on what I want to write.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Self-Assessment

## CONTINUED

		RARELY TRUE	SOMETIMES TRUE	OFTEN TRUE
10.	I believe in my ideas and abilities, and I trust myself to write my truth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	When I think about sitting down to write, it brings a smile to my face.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	It's hard for ideas to come to me. When they do, they usually don't spark my interest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I have thoughts and/or feelings that I might be an imposter and not really a writer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I feel connected to my writer-self and have built a practice that honors my writing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	I want to finish my work and fully express my truth, but I have a hard time following through.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	I feel excited and eager to write what's in my heart.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	The writing path depletes me and is more work than it's worth. I am thinking about stepping off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	I feel healthy, rested, and ready to devote energy to writing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# STEP TWO

## RATE YOUR SELF-ASSESSMENT

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Now that you have made your way through the assessment, it's time to rate the answers you provided. Remember that there are no *right* or *wrong* answers. Instead, this is an opportunity to gain insight into what your writer-self currently needs the most.

On the following pages, we help you rate your self-assessment. Please go through the next two pages and, referring back to your answers from Step One, circle the number you received for each response. When you have your results, move on to Step Three.



# RATE

## YOUR SELF-ASSESSMENT

Referring back to the answers you provided in Step One, please circle the number you received for each focus area. You will be using these results, along with the focus area (highlighted in color) in Step Three.

		RARELY TRUE	SOMETIMES TRUE	OFTEN TRUE
1.	Apply this number to the <b>JOY</b> focus area:	0	1	2
2.	Apply this number to the <b>SUPPORT</b> focus area:	0	1	2
3.	Apply this number to the <b>CONFIDENCE</b> focus area:	2	1	0
4.	Apply this number to the <b>INSPIRATION</b> focus area:	2	1	0
5.	Apply this number to the <b>JOY</b> focus area:	2	1	0
6.	Apply this number to the <b>SELF-CARE</b> focus area:	0	1	2
7.	Apply this number to the <b>CLARITY</b> focus area:	2	1	0
8.	Apply this number to the <b>SELF-CARE</b> focus area:	2	1	0
9.	Apply this number to the <b>CLARITY</b> focus area:	0	1	2

# RATE

## YOUR SELF-ASSESSMENT

### CONTINUED

		RARELY TRUE	SOMETIMES TRUE	OFTEN TRUE
10.	Apply this number to the <b>CONFIDENCE</b> focus area:	0	1	2
11.	Apply this number to the <b>JOY</b> focus area:	0	1	2
12.	Apply this number to the <b>INSPIRATION</b> focus area:	2	1	0
13.	Apply this number to the <b>CONFIDENCE</b> focus area:	2	1	0
14.	Apply this number to the <b>SUPPORT</b> focus area:	0	1	2
15.	Apply this number to the <b>CLARITY</b> focus area:	2	1	0
16.	Apply this number to the <b>INSPIRATION</b> focus area:	0	1	2
17.	Apply this number to the <b>SUPPORT</b> focus area:	2	1	0
18.	Apply this number to the <b>SELF-CARE</b> focus area:	0	1	2



# STEP THREE

## FILL IN YOUR CIRCLE

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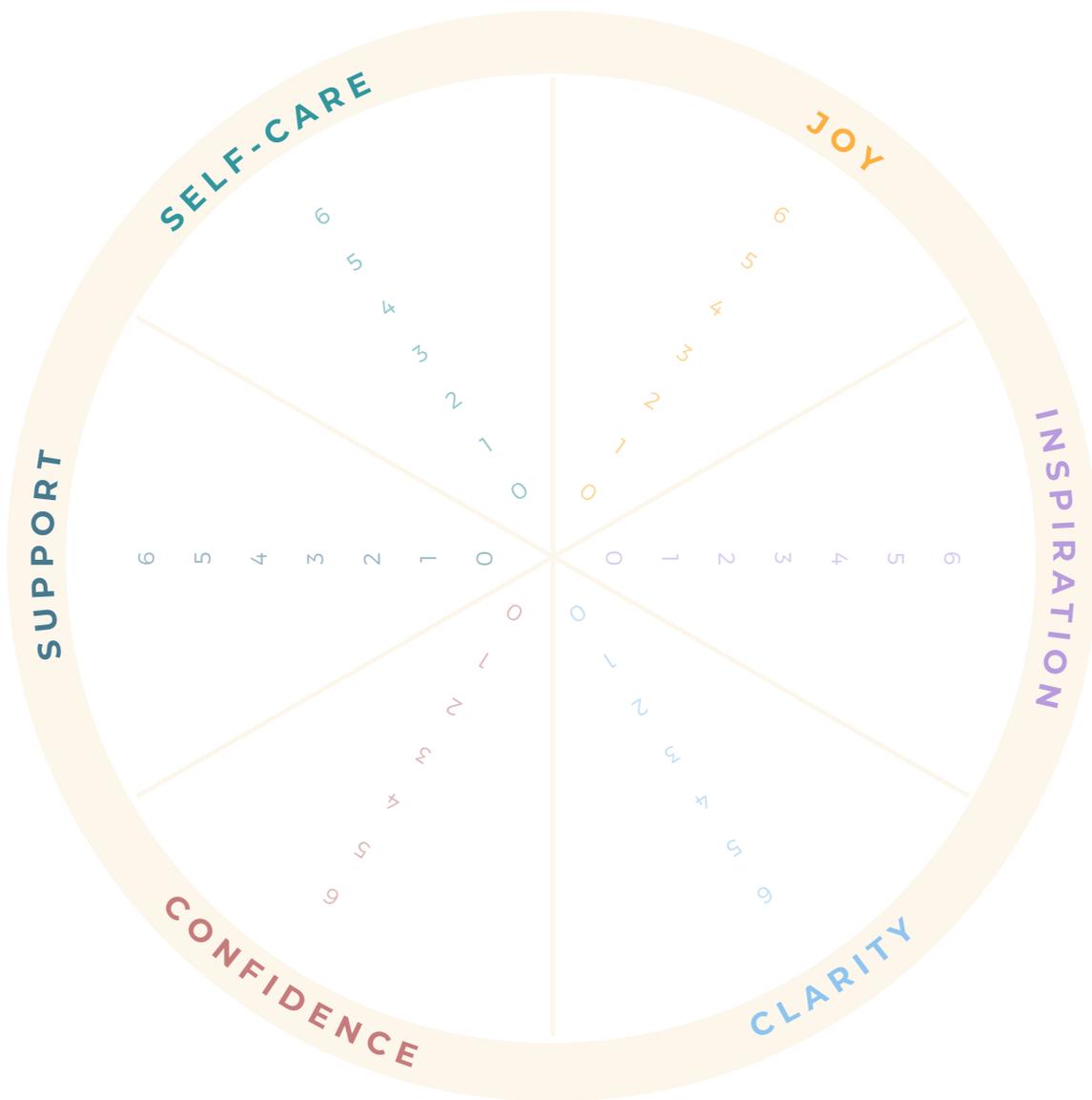
Now that you have rated your assessment, you are ready to fill in your circle so that you can visually see what is healthy and where you have needs. One statement at a time, identify the number you received and the focus area you should apply it to. Then, starting from the center of the circle on the following page, shade in each focus area according to the score you received for each statement in Step Two.

Once you have made your way through applying the points from all 18 statements, your circle will represent your current level in each area. It can serve as a useful representation of your current needs — so you know where to direct your focus.

The more an area is filled in within your circle, the healthier you are in that area. The ones with the least amount of shading are areas that need attention.

# FILL IN YOUR CIRCLE

Starting from the center, fill in each focus area according to the points you received for each statement when you rated your self-assessment.



## INTERPRET YOUR CIRCLE

# HOW TO INTERPRET YOUR CIRCLE

When you have finished shading in the focus areas of your circle, take a look at what is visually represented. The more you were able to shade in, the healthier you are in that focus area. Focus areas with the least amount of shading can be interpreted as your needs.

In the example below, SELF-CARE is the biggest need, and INSPIRATION also needs attention. These are the areas you would focus on in Step Four.

### SAMPLE CIRCLE

SELF-CARE has received the fewest points out of all the focus areas (two points have been shaded in). If your circle looks like this, self-care is your biggest need.

The goal is to have a circle that is balanced and full.



INSPIRATION is the second biggest need represented in this circle.

Since SELF-CARE and INSPIRATION have the least amount of shading, they are the two areas that need to be focused on. This insight can empower you to fill your needs in order to *be* and *write* your best.

# STEP FOUR

## FILL YOUR NEEDS

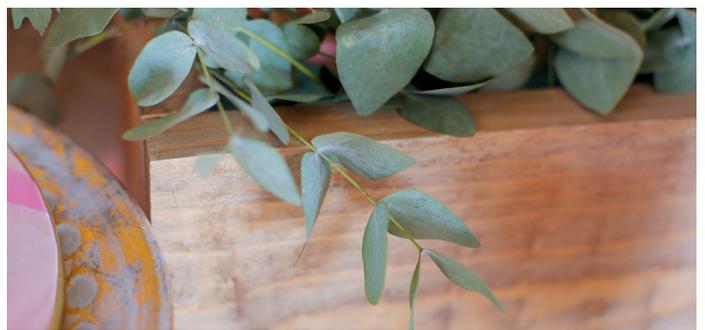
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Now that you know your needs, use this insight to empower your writer-self. Whether you need to increase self-care, boost joy, access inspiration, gain clarity, build confidence, or strengthen support, we have resources and materials to help you.

Let's step forward together! Visit the link below and then click on the focus area that matches your need. There you will find resources, courses, and helpful tips for each specific focus area.

**START FILLING YOUR NEEDS HERE:**

**[www.forthewriterssoul.com/fill-your-needs](http://www.forthewriterssoul.com/fill-your-needs)**



# Your Journey

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This self-assessment provides insight to empower you to improve areas of your relationship with your writer-self that might be out of balance. Invest in the area(s) you identified, and then come back and take the self-assessment again to gauge your progress.

Remember that every step you take in the direction of your dreams is a wonderful gift to your writer-self.

Come back often and complete the self-assessment whenever you can use help identifying what needs attention.

## THANK YOU

