

姓名 Name: _____

上課日期 Course Date: _____

“劇變” – 一項潛能開發之基礎建設鍛鍊

“Core Transformation” – Training for self-potential exploration & development

自我評估問卷

Pre-course Assessment Questionnaire

請小心回答以下問題。此問卷是為了解你對自己有多認識而設計。

Please answer the following questions carefully. They are designed to assess how much you know about yourself.

有關個人 *Relating with yourself*

	不同意 Disagree	偶爾 Sometimes	同意 Agree
1. 我是一個創新、有創意及想像力的人。 I am a creative, innovative and imaginative person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. 我不是一個發夢的人，而是一個對自己未來有明確遠見的人。 I have a realistic vision of my own future and I am not a dreamer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 我相信生命有其目的，以及知道自己所要的及會為自己訂立個人目標。 I believe that life has a purpose and I know what I want to be and I will set up my own goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. 我有細心計劃及一步一步去實現自己的目標。 I have carefully mapped out how to achieve my goal step by step.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. 我肯定自己的能力，以及期望成為有成就的人。 I believe in my own ability and I have a strong desire to be somebody.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. 我有一個清晰及平常心境，而從不會太情緒化。 I have a sound and steady mind and never get too emotional.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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| 7. | 我極小感到有過大壓力和通常有堅強的意志力去面對壓力。
I seldom feel overstressed and I am always mentally strong enough to cope with stress. | □ | □ | □ |
| 8. | 我與人溝通良好以及通常能夠將訊息清楚傳達。
I communicate well with others and always get my message across clearly. | □ | □ | □ |
| 9. | 我能夠清楚與人表達我的想法，而他們通常都能完全明白我的意思。
I can express my thinking to others clearly and they always understand me completely. | □ | □ | □ |
| 10. | 我經常享受學習過程而且學得很快。
I learn things quickly and always enjoy learning. | □ | □ | □ |
| 11. | 我喜歡有創新的靈感及新事物。
I like innovative ideas and new things. | □ | □ | □ |
| 12. | 我有獨立思考而不會容易受人影響。
I always think independently and not easily influenced by others | □ | □ | □ |

與人關係 *Relating with others*

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|----|---|---|---|---|
| 1. | 我是一個好的聆聽者。
I am a good listener. | □ | □ | □ |
| 2. | 雖然我有不同意見，但我尊重其他人的想法。
Although I have different opinion, I respect others' thinking. | □ | □ | □ |
| 3. | 我一向支持朋友和希望他們做得更好。
I am always supportive to my friends and always want them to do well. | □ | □ | □ |
| 4. | 我相信“施與受”，並經常採用此哲理對待朋友。
I believe in “give and take”. I always treat my friends with this philosophy. | □ | □ | □ |

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|-----|--|--------------------------|--------------------------|--------------------------|
| 5. | 我是一個天生領袖，當有事情要作決定時，我通常都要做最有影響力的一個。
I am a born leader; whenever there is decision to make, I will always be the most dominant one. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | 我享受與人合作及喜歡成為團隊的一員。
I enjoy working with people and like to work with them as a team. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | 我懂得處理人與人之間的衝突，我會很快便找出衝突的成因和妥善處理。
I handle conflict between people well. I am very quick to find out the cause of the conflict and can deal with the situation very tactfully. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | 我是一個非常自律及有計劃的人。
I am well discipline and well-planned. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | 我是一個勇敢但不衝動的人。
I am courageous but not aggressive. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | 我經常給予別人壓力，為著要完成工作目標。
I always give other people pressure in order to achieve the set task of work. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

個人價值及態度 *Value & Attitude*

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|----|--|--------------------------|--------------------------|--------------------------|
| 1. | 我很樂觀、有活力及自信。
I am optimistic, energetic and confident. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | 我有一個正面形象，和經常希望其他人有同樣的感覺。
I have a positive image and always want others to feel me that way. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | 我相信我做任何事都不會比別人差。
I believe I can do anything as good as anybody. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | 我有一個堅定的道德標準及希望在日常生活中都能做到。
I have a firm moral standard and want to keep up the standard in my daily life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

5. 我欣賞新意念、哲理和事物，以及經常嘗試發展新的事物。
I appreciate new ideas, philosophy, and things and always try to develop something new.
6. 我接受改變及相信改變是改進自己、社會及全世界的一個關鍵。
I welcome changes and believe changes are essential for improving myself, the society and the world.
7. 我相信我的想法能帶領自己在現在及未來的發展。
I believe my own thinking leads to my current and future development.
8. 當我處於困境時，我將不會放棄而是會找其他方法將問題解決。
When the situation is tough, I will not give up and I will try to think of other ways to solve the problems.

簽署:

Signature: _____

日期:

Date: _____