Personal Growth Inventory
by John O'Brien, NASC Leadership Conference Staff Member, 1964–1968

This inventory is designed to help student council leaders look at their own self-portrait. It is NOT any form of psychological test, nor does it even try to include all the parts of you that there are. Space is left for you to supply other areas that are important to your self-picture. This is for your own use. You might find it helpful to discuss your self-picture with other members of your council or with your adviser. Or you might benefit from filling in the inventory and thinking about the points it raises. Do not show it to anyone else unless you really think it will be of help to you.

In order to complete this form, please read every statement and then place a “P” (for Present) at the scale position that you feel describes you best. You may see yourself as covering a range along the scale and not just one point. In that case circle the area in which you see yourself performing normally. The precise way you fill out the inventory is not as important as how honestly you think about the questions it raises.

After you have decided the way you see yourself at present, think about how you would like to be. Then mark that area with an “F” (for Future).

When you have finished the inventory, go back and pick three or four areas in which you would most like to grow. On each of these scales draw an arrow in the direction of growth you desire.

Example:
Clarity in expressing my thoughts—How well do I communicate?

\[
\begin{array}{cccccccc}
0 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 \\
\end{array}
\]

I’m pretty vague. \hspace{1cm} I’m exactly clear.

Please try the experiment of filling out this inventory.

1. Self-Understanding

\[
\begin{array}{cccccccc}
0 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 \\
\end{array}
\]

I don’t know myself at all. \hspace{1cm} I know myself completely.

2. Self-Esteem—Am I a worthwhile person to me?

\[
\begin{array}{cccccccc}
0 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 \\
\end{array}
\]

I don’t know myself as being a worthwhile person. \hspace{1cm} I value myself highly.
3. Self-Confidence—How sure of myself am I?

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Not at all sure of myself. Occasionally Generally very sure of myself.

4. Giving Love—How warm a person am I?

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I'm a cold fish. I'm exceptionally warm and affectionate.

5. Accepting Love—How do I react when someone extends warmth to me?

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I get uneasy. I value affection highly.

6. Openness—How honest am I with others about my own feelings and thoughts?

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I reveal very little. I reveal everything about myself.

7. Tendency To Trust Others—How much do I believe in other people?

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Not at all Completely

8. Peace of Mind

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I'm restless and dissatisfied. I'm at peace with myself and the world.
9. Level of Aspiration—How much do I want to achieve?

0 1 2 3 4 5 6 7 8 9

Not a lot A tremendous amount.

10. Physical Energy

0 1 2 3 4 5 6 7 8 9

I tire easily. I always have pep and energy.

11. Versatility—How flexible am I?

0 1 2 3 4 5 6 7 8 9

I can do only a few things well. I can do many things well.

12. Inventiveness—How many new ideas do I get and support?

0 1 2 3 4 5 6 7 8 9

I like to keep things as they are. I want to change everything.

13. Expressing Anger—What do I do when I get mad?

0 1 2 3 4 5 6 7 8 9

I express it openly. I bottle it up inside.

14. Receiving Hostility

0 1 2 3 4 5 6 7 8 9

It paralyzes me. It stimulates me.

15. Ability To Listen in an Alert and Understanding Way.

0 1 2 3 4 5 6 7 8 9

Very little ability to listen. Great ability to listen.
16. Clarity in Expressing My Thoughts

I'm pretty vague.  I'm exceptionally clear.

17. Reaction to Comments or Evaluations of What I Do

I ignore them.  I take them very seriously.

18. Tolerance of Differences in Others

Very low tolerance  Great ability to accept differences

19. Interest in Learning

Not much  Very actively interested

20. Independence

Very little  Very independent

21. Vision of the Future

I think mainly of the present.  I look to and plan for the future.
Other important parts of the picture include:

22.

23.

24.

Now look at the items you didn't make entries for. Think about the items. Perhaps the scaled responses are meaningless to you, but how do you see that part of yourself?

Many of us have great difficulty in seeing ourselves. We don't want to admit that we are not what we want to be. For example, it takes courage to say that we are not very creative when everyone tells us a good leader is creative.

Have any of your answers to the present self-picture portion of the inventory been influenced more by what other people tell you you should be than by what you really think you are? You might want to revise some items after thinking about this.

Another way to deal with the problem of clearly seeing yourself is to discuss your responses with someone you trust and feel can help you. Perhaps someone else can help you see yourself more clearly.

Now select the three or four areas you would most like to develop. Think about the ways you can grow in these areas. Then decide what you will do.

As a result of the thinking I have done while working on this inventory, I am going to:

People who might help me include:

Date:
Reviewed on the following dates: ___________________________