



[www.womenwithdrive.org](http://www.womenwithdrive.org)

## Women With Drive Foundation Participant Assessment

Please be as honest as possible when completing this assessment. It is **VITAL** that you are clear and truthful when answering these questions for a number of reasons. First of all, in order for you to move forward in your life, you must be able to face your own truths. When we lie to ourselves, we cannot grow. Second of all, we, as your guides and helpers in your journey, cannot give you the best tools to succeed if we have incorrect information. **There is no judgment here; no right or wrong.** Just information. Working together, we can make a difference. Your information is confidential and will not be shared with anyone.

Thank you for your partnership in making a better life for yourself.

### FINANCIAL

1. Do you know how much money you make per year? Yes No (please circle)
2. Do you have a checking account? Yes No (please circle) Savings account? Yes No (please circle)
3. Do you have any investments, mutual funds or stocks? Yes No (please circle)
4. Have you bounced a check? Yes No (please circle)
5. How much do you want to earn per year? \_\_\_\_\_
6. Do you file your own taxes? Yes No (please circle)
7. Do you know your monthly expenses? Yes No (please circle)
8. Do you know the difference between “net” and “gross?” Yes No (please circle)
9. Do you own property? Yes No (please circle)
10. Do you know what “passive income” is? Yes No (please circle)
11. Do you know what an IRA is? Yes No (please circle)
12. What is the most expensive thing you own? \_\_\_\_\_
13. Do you donate money or time to any charity? Yes No (please circle)
14. Have you ever filed for bankruptcy? Yes No (please circle)
15. Do you know how much debt you owe? Yes No (please circle) If so how much? \_\_\_\_\_
16. Do you know your credit score? Yes No (please circle)
17. Do you know how to get your credit score? Yes No (please circle)
18. Have you ever used a payday loan service? Yes No (please circle)
19. Do you know the difference between an “asset” and a “liability”? Yes No (please circle)
20. Do you know your “net worth?” Yes No (please circle) If so, how much? \_\_\_\_\_
21. Do you use credit cards? Yes No (please circle)
22. Can you figure compound interest? Yes No (please circle)
23. Is a car an asset or a liability? \_\_\_\_\_

### HEALTH

1. Do you smoke? Yes No (please circle)
2. Do you see the doctor for checkups? Yes No (please circle)
3. Are you within your normal weight range? Yes No (please circle)
4. Do you exercise? Yes No (please circle) If so, how many times per week? \_\_\_\_\_
5. Do you lift weights? Yes No (please circle)
6. How many close friends do you have? \_\_\_\_\_
7. How many glasses of water do you drink per day? \_\_\_\_\_
8. Do you drink soda? Yes No (please circle)
9. How many minutes of absolute silence do you experience each day? \_\_\_\_\_
10. How many hours of sleep do you get each night? \_\_\_\_\_
11. Do you floss your teeth? Yes No (please circle)
12. I am in control of my life Yes No (please circle)
13. I regularly give and receive affection, such as loving words and hugs. Yes No (please circle)
14. I get strength from my spiritual beliefs. Yes No (please circle)
15. I make time to relax at least twice every day. Yes No (please circle)
16. I can speak openly about my feelings to those who are close to me. Yes No (please circle)
18. Have you felt depressed or sad much of the time in the past year? Yes No (please circle)
19. I try to learn from my mistakes rather than beat myself up over them. Yes No (please circle)
20. I make time for my own hobbies and activities at least twice a week. Yes No (please circle)
21. I feel like a decent person and I like myself. Yes No (please circle)
22. I ask for help when needed. Yes No (please circle)
23. How do you reward yourself? (ie. buy new shoes, eat a cookie, take a walk etc?) \_\_\_\_\_
24. How many of your meals each week are pre-packaged or come from a drive thru? \_\_\_\_\_
25. I get a lot of headaches. Yes No (please circle)

**CAREER**

1. I like my job Yes No (please circle)
2. What is the highest level of education you have received? GED? Diploma? College Degree? (please circle)
3. I feel mentally challenged by my job. Yes No (please circle)
4. If I could quit tomorrow, I would. Yes No (please circle)
5. I want to earn a salary of \_\_\_\_\_ per year.
6. Why do you work where you do? \_\_\_\_\_
7. What do you like most about your job? \_\_\_\_\_
8. What would you change about your job? \_\_\_\_\_
9. I like the people I work with. Yes No (please circle)
10. Would you say you are more of a practical, hands-on worker or more of an idea person?
  1. I am a practical, hands-on worker.
  2. I am a hands-on worker who comes up with the occasional idea.
  3. I don't get paid to come up with ideas. I'm just here to work.
  4. I am an idea person who sometimes finds it easier to be quiet and focus on work.
  5. I am an idea person.
11. Are you a detail person or do you go with the flow?
  1. I am a detail person.
  2. I am a detail-oriented person but sometimes there's no time for that.

3. I don't focus on anything but getting the job done.
  4. I like to go with the flow but sometimes details are important.
  5. I don't sweat the small stuff.
12. How do you prefer to learn -- by being shown diagrams and pictures or through "hands on" experiments and activities?
1. I prefer to learn by viewing diagrams and pictures.
  2. I like classes that mix visual and hands-on training.
  3. For me, learning is a struggle whether it's done by seeing or by doing.
  4. I prefer to do things myself but the occasional photo or diagram does help.
  5. I prefer to learn by doing my own experiments.
13. When assigned a task, do you start by reading the instructions or do you start the task knowing you can figure it out as you go?
1. I like to read the directions first.
  2. I glance at the directions but I have a pretty good idea how to proceed.
  3. I feel uncomfortable undertaking a task until I have been trained in the procedures.
  4. I think I can figure this out as I go but I will glance at the directions if needed.
  5. I can figure things out as I go.
14. Which of the following best describes your ability to speak in a way that convinces others of your point of view:
1. I am always able to persuade others that I am right.
  2. I am sometimes able to persuade others that I am right.
  3. I am uncomfortable trying to persuade others.
  4. I have a hard time persuading others.
  5. I can never seem to convince others to share my point of view.
15. Are you drawn to find the reason why things are the way they are or are you content to accept them that way?
1. I accept that things are the way they are for good reason.
  2. I accept things as they are but sometimes I can't help looking for the reason.
  3. I am uncomfortable questioning things.
  4. I sometimes question why things are the way they are but I accept them that way.
  5. I question the reason why things are the way they are.
16. Which of the following describes your ability to visualize something in your mind and reproduce what you see in your "mind's eye" in an artistic form or design.
1. I am never able to create something based on a visualization I have experienced.
  2. I am sometimes able to create something based on a visualization I have experienced.
  3. Being artistic and creative is highly overrated.
  4. I am sometimes able to turn a visualization into something more tangible.
  5. I am always able to visualize something and make it come to life.
17. I trust myself. Yes No (please circle)
18. I have a career path in mind. Yes No (please circle)
19. If I could create my own business, I would be a \_\_\_\_\_.
20. I don't want to own my own business. Yes No (please circle)
21. I understand how to negotiate my salary. Yes No (please circle)
22. I have a mentor or know where to find one. Yes No (please circle)
23. I ask for what I want. Yes No (please circle)

## **FAMILY**

1. Our family talks to each other when we are upset. Yes No (please circle)
2. We eat meals together frequently. Yes No (please circle)
3. I know who my kids' friends are. Yes No (please circle)
4. I trust my children. Yes No (please circle)
5. We have family traditions. Yes No (please circle)
6. I communicate my expectations clearly and calmly. Yes No (please circle)
7. I respect my childrens' opinions and feelings. Yes No (please circle)
8. We have family meetings. Yes No (please circle)
9. Each of us is committed to the success of each other. Yes No (please circle)
10. Our family has stated goals. Yes No (please circle)
11. We have fun together. Yes No (please circle)
12. We forgive each other. Yes No (please circle)
13. We celebrate small things. Yes No (please circle)
14. My kids can tell me anything. Yes No (please circle)
15. Our family exercises together. Yes No (please circle)

## COMMUNITY

1. I volunteer somewhere or for something. Yes No (please circle)
2. I know who my neighbors are. Yes No (please circle)
3. Our family has a membership to some community organization. Yes No (please circle)
4. We attend school functions. Yes No (please circle)
5. We use the library. Yes No (please circle)
6. I know where to find a community calendar. Yes No (please circle)
7. We've visited the Art Center. Yes No (please circle)
8. We play in the parks in town. Yes No (please circle)
9. We've attended concerts or plays in town. Yes No (please circle)
10. Do you feel as though you belong? Yes No (please circle)
11. I am part of something bigger than myself. Yes No (please circle)
12. Please finish this sentence: "I am most proud of \_\_\_\_\_ because \_\_\_\_\_."
13. I really don't have time to help others. Yes No (please circle)
14. I feel as though it's me against the world sometimes. Yes No (please circle)
15. The thing our community needs the most: \_\_\_\_\_
16. I vote. Yes No (please circle)
17. I know who the mayor of my town is. Yes No (please circle)
18. I know my childrens' principal and teachers. Yes No (please circle)
19. I know where the Public Safety Building is. Yes No (please circle)
20. I feel safe in my town. Yes No (please circle) my neighborhood? Yes No (please circle)