

Physically Act the Part

Assess yourself on how well you physically act the part in using your emotions effectively

A	Mostly A	Somewhat A	Both A & B	Somewhat B	Mostly B	B
Maintains comfortable eye contact when talking to another person	5	4	3	2	1	Avoids eye contact or focused attention on other things during conversations
Stands up straight and has good posture, carries him/her self well	5	4	3	2	1	Slumps, has poor posture, often looks down at the floor
Has a firm and confident handshake	5	4	3	2	1	Has a wimpy or weird handshake
Is relaxed and puts others at ease	5	4	3	2	1	Is often up-tight and makes others feel uncomfortable
Has a frequent and pleasant smile	5	4	3	2	1	Rarely smiles
Has a concise and confident way to express his/her thoughts	5	4	3	2	1	Seems to lack conviction when expressing his/her thoughts
Goes out of his/her way to say greet and meet people	5	4	3	2	1	Tends to avoid others
Has a positive attitude and approach	5	4	3	2	1	Often seems grumpy, discourage or down beat
Is a pleasant and interesting conversations	5	4	3	2	1	Has a difficult time carrying on a conversation
Show interest in others and what they have to say	5	4	3	2	1	Seems distant and disinterested in others and what they have to say
Generously shares his/her passion and excitement with others	5	4	3	2	1	Keeps his/her passions and excitement private
In a social setting tries to meet and get to know everyone	5	4	3	2	1	In a social setting tends to talk to a few people that they know
It is easy for him/her to get others engaged and excited	5	4	3	2	1	Has a difficult time sharing his her emotions

Total your score and divide by 13.

Evaluate your effectiveness	Level Description
Scores greater than 40	Excellent - you physically act the part
Scores between 30 and 40	Good - you do a good job of physically acting the part
Scores between 20 and 30	Look for ways to improve
Scores below 20	You need some significant improvement

