

## Occupational Self Assessment Myself

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Step 1: Below are statements about things you do in everyday life. For each statement, circle how well you do it. If an item does not apply to you, cross it out and move on to the next item.	Step 2: Next, for each statement, circle how important this is to you.				Step 3: Choose up to 4 things about yourself that you would like to change (You can also write comments in this space)				
	I have a lot of problem doing this	I have some difficulty doing this	I do this well	I do this extremely well		This is not so important to me	This is important to me	This is more important to me	This is most important to me
Concentrating on my tasks	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Physically doing what I need to do	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Taking care of the place where I live	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Taking care of myself	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Taking care of others for whom I am responsible	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Getting where I need to go	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Managing my finances	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Managing my basic needs (food, medicine)	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Expressing myself to others	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Getting along with others	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	
Identifying and solving problems	lot of problem	some difficulty	well	extremely well	not so important	important	more important	most important	