

Name: _____

For week of ____/____/____ to ____/____/____.

Using the rating scale provided for you, rate yourself on a scale of 1 to 5 for each of the categories below.

- 1 = poor/weak
- 2 = need work
- 3 = average
- 4 = good
- 5 = excellent

QUESTIONS:	SCORE (1-5)
<p>When you look back on the past week, how effective were you in engaging in 12-Step activities, attending meetings, and interacting with your sponsor during the past week? Remember that you were to attend at least 5 AA/NA meetings. <i>This is in addition to the morning meetings at the house.</i> You need to be actively working with a sponsor; if you are new in the program you need to be actively soliciting a sponsor. You need to be reading the Big Book and other AA/NA literature, and you need to be pursuing understanding of principles.</p>	
<p>When you look back on the past week, how would you rate your general attitude? Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back on the past week, how would you rate your general work ethic? Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back at the past week, how would you rate your performance at acting responsibly? Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back at the past week, how would you rate your demonstration of character? Character is about your commitment to being honest, truthful, helpful, worthy of praise, and doing "right things" even when you think no one might be watching you. Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back at the past week, how would you rate your interactions over all with others in the house and elsewhere? Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back at the past week, how would you rate your performance in keeping your personal space (room) clean? Be sure to use the rating scale provided when you select your score.</p>	
<p>When you look back at the past week, how would you rate yourself in helping to create a sense of community within the Clem House residents and staff? Be sure to use the rating scale provided when you select your score.</p>	
TOTAL	

NOTE: Your scoring should be based on honest self-reflection. You should not look at this as a "pass" or "fail" quiz. The score is NOT the most important part of this. The goal is for you to look honestly at yourself and try to decide where your strengths are and what you might want to work on to be the best person you can be! FEEL FREE TO WRITE ANY INSIGHTS YOU'VE GAINED ON THE BACK OF THIS SHEET OF PAPER!