



# Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

## WORK ETHIC SELF-STUDY

Select a PERIOD OF TIME that  
you will focus on: \_\_\_\_\_

Part A) Rate your performance on the following:

**1 = POOR**

**10 = OPTIMAL**



1) ... embracing challenges as opportunities to push and stretch myself, not giving up or making excuses.

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2) ... finding ways to continue development in my areas of weakness, looking for new opportunities.

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3) ... being open to constructive feedback, actively seeking the help of others to improve my performance and confidence in success.

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4) ... always giving my best effort, even when I'm not at 100%.

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5) ... identifying my goals; creating and following a plan of actions steps to reach that goal, making consistent progress by working through the process.

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Part B) List what you could do **BETTER or DIFFERENTLY** in the future  
for more optimal *work ethic*: