

GOING THE EXTRA MILE:

Report Card

Grade yourself on a scale of 1 - 10 in the categories presented.

- 1 = You are an epic fail in this category
- 5 = You are average in this category
- 10 = You are perfection; an absolute rock star in this category

CATEGORY
SCORE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

BONUS CATEGORY

TOTAL SCORE:

60 - 70: Why are you here? You should be teaching this class!
Now subtract 5 points for smugness. (Only kidding!)

50 - 60: You have a healthy level of self-awareness and are probably one pedicure away from being refreshed to go the extra mile.

40 - 50: Time to schedule a night out with your best friends and get a good night's sleep. Immediately!

30 - 40: Stop trying to be Wonder Woman or Superman! You need help, some go-to people, a vacation and probably a martini (or a huge cookie.)

Under 30: You need a hug (and possibly a visit to the emergency room.) Or a vacation. Time to start taking care of YOU.