

For more information about Core Self-Evaluations, visit [www.mindtools.com/pages/core-self-evaluations](http://www.mindtools.com/pages/core-self-evaluations).

Date:

<b>Locus of Control –</b> How much do you control what happens?	<b>Neuroticism –</b> How well do you handle negative feelings?
Current feelings	Current feelings
What's helped?	What's helped?
What's hindered?	What's hindered?
Ideas to try now	Ideas to try now
<b>Self-assessment score out of 10</b> <b>for Locus of Control:</b>	<b>Self-assessment score out of 10</b> <b>for Neuroticism:</b>

**Generalized Self-Efficacy –**  
How confident are you at work?

Current feelings

What's helped?

What's hindered?

Ideas to try now

**Self-assessment score out of 10  
for Generalized Self-Efficacy:**

**Self-Esteem –**  
How valuable do you feel?

Current feelings

What's helped?

What's hindered?

Ideas to try now

**Self-assessment score out of 10  
for Self-Esteem:**