This Self-Management Self-Test (SMST) was developed to assess your self-management competence. It consists of five questions, each one of which relates to one of the five dimensions of self-management described below. Each question is answered on a scale from 0 to 4. At the end of the test, all points are added up to give the final result.

### QUESTIONS

1. At the moment, how well am I managing to be aware of my internal state of mind and perceive external reality?
   - Very well (4 points)
   - Quite well (3 points)
   - Moderately (2 points)
   - Quite badly (1 point)
   - Very badly (0 points)

2. At the moment, how well am I managing to sustain my relationships with others and to maintain social contacts?
   - Very well (4 points)
   - Quite well (3 points)
   - Moderately (2 points)
   - Quite badly (1 point)
   - Very badly (0 points)

3. At the moment, how well am I managing to set priorities and plan my own future?
   - Very well (4 points)
   - Quite well (3 points)
   - Moderately (2 points)
   - Quite badly (1 point)
   - Very badly (0 points)

4. At the moment, how well am I managing to choose among several options and make decisions?
   - Very well (4 points)
   - Quite well (3 points)
   - Moderately (2 points)
   - Quite badly (1 point)
   - Very badly (0 points)

5. At the moment, how well am I managing to do what can realistically be done and act effectively?
   - Very well (4 points)
   - Quite well (3 points)
   - Moderately (2 points)
   - Quite badly (1 point)
   - Very badly (0 points)

### RESULT

Total ______________ points.
<table>
<thead>
<tr>
<th>POINTS</th>
<th>Overall, you are doing very well.</th>
</tr>
</thead>
<tbody>
<tr>
<td>17–20</td>
<td>You are practicing excellent self-management.</td>
</tr>
<tr>
<td>13–16</td>
<td>Overall, you are doing fairly well.</td>
</tr>
<tr>
<td>9–12</td>
<td>You are practicing good self-management.</td>
</tr>
<tr>
<td>5–8</td>
<td>Overall, you are not doing well.</td>
</tr>
<tr>
<td>0–4</td>
<td>You could clearly do more for your self-management.</td>
</tr>
</tbody>
</table>

REFERENCE