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Self Monitoring Grid[1]

Activities carried out	
What results do you need to produce by carrying out such activity	
What do you have to do to perform this activity	
What are the most frequent mistakes you are likely to make? Why?	
Main difficulties you encountered at the beginning of carrying out this activity. What was the cause of these difficulties? How did you overcome them?	
What are you now able to do on your own? Where do you still have problems and where do you need help?	
What are the main difficulties you still must overcome in order to perform this activity better?	
What are the main skills and knowledge needed to perform this activity well?	
What skills and knowledge do you think you need to improve?	
How would you evaluate your relationship with colleagues and superiors?	
How would you rate your ability to manage emotions and stress in the workplace?	
How would you rate your ability to make decisions, solve problems and act autonomously in the working environment?	

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