

# Your Self-Assessment

*Tend To Yourself*



**AAIM**  
HR ROUNDTABLE  
APRIL 2026

Rate each dimension of your professional garden. No right answers — only honest ones.

## Thriving

*Intentional & consistent.*

## Maintaining

*Okay, not actively investing.*

## Struggling

*Depleted. Needs attention.*

### The Soil

#### YOUR FOUNDATION

*Am I actively growing — or just maintaining?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

### The Water

#### YOUR DAILY HABITS

*Do I have consistent habits that sustainably support me?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

### The Fertilizer

#### YOUR RESOURCES & COMMUNITY

*Am I using the resources and community available to me?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

### The Pruning

#### WHAT YOU'RE CUTTING

*Is there something I need to cut that is draining me?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

### The Sun

#### YOUR ENERGY & RECOGNITION

*Do I have enough warmth, energy, and recognition coming in?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

### The Clouds

#### WHAT'S BLOCKING YOUR LIGHT

*What is blocking my light — and is it temporary or permanent?*

☐ Thriving ☐ Maintaining ☐ Struggling

Notes: \_\_\_\_\_

\_\_\_\_\_

# Your Commitment

*Tend to Yourself*

*Not a goal. Not a resolution. Something specific enough to keep —meaningful enough to matter.*



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Before making your commitment, look back at your assessment. What patterns do you see?

## LOOKING BACK

**The dimension where I am most thriving:**

*What's working? What got me there?*

**The dimension where I am most struggling:**

*What's the real cost of not addressing this?*

**The dimension most within my control to change:**

*What would shift if I actually invested here?*

## YOUR COMMITMENT

**The element of my garden that most needs tending right now:**

*Be specific. Pick one.*

**The specific action I am committing to:**

*Not "I'll try" — what will you actually do?*

**I will do this by:**

*Give yourself a real date.*

**What getting this right will make possible:**

*Connect it to something that matters to you.*

**The person I am telling about this commitment:**

*Name them. Accountability changes everything.*

## Tend Your Garden.

*The people who need you are counting on the version of you that does.*

