

Remote Worker Self-Assessment Form

Full Name

Email Address

Work Environment

Describe your current remote workspace

List the equipment and tools you use for remote work

Productivity & Communication

How do you plan and prioritize your tasks?

What communication methods do you use with your team?

Challenges & Support

What challenges have you experienced while working remotely?

What support or resources would help you be more effective?

Self-Evaluation

What are your strengths as a remote worker?

What areas can you improve in remote work?