

SELF-TRUST DIAGNOSTIC



1	2	3	4	5
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree

Please respond to each statement as it applies to you personally.		1	2	3	4	5
1	I make and keep commitments to myself.					
2	My behavior reflects my values.					
3	I am honest and open with others.					
4	I am not afraid to take emotional risks by admitting to my limitations.					
5	I am consistent and predictable.					
6	People can safely confide in me.					
7	When things go wrong, I focus on the lesson instead of the blame.					
8	My word is my bond.					
9	People can relate to me.					
10	I hold myself accountable.					
11	I am open to rethinking my ideas.					
12	When I am wrong, I apologize quickly.					
13	I have a track record of achieving results.					
14	I tackle tough issues head on.					
15	I continuously work to improve myself.					
16	I extend abundant trust to others.					
17	I hold others accountable.					
18	I am organized.					
19	People can depend on me to deliver quality results on time.					
20	I use a system for keeping track of my commitments.					
21	I use a system for tracking commitments made to me by others.					