

# TRUST SELF-ASSESSMENT

1	2	3	4	5
Rarely	Sometimes	Often	Very Often	Always

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	I hold myself accountable.					
10	I am open to rethinking my ideas.					
11	When I am wrong, I apologize quickly.					
12	I have a track record of achieving results.					
<b>Total</b>						
<b>Add Totals from Column 1-5 for your self trust score</b>						

**My self trust score:** \_\_\_\_\_

How did you score?

48 – 60 = Outstanding! Your personal credibility is strong.

36 – 48 = Good. You're on the right track.

24 – 36 = Keep working at it!

Below 24 = Pay attention! There's lots of room for improvement.