# TRUST SELF-ASSESSMENT

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Very Often</td>
<td>Always</td>
</tr>
</tbody>
</table>

Please respond to each statement as it applies to you personally:

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.

**Total**

Add Totals from Column 1-5 for your self trust score

**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.