

**All about you.**

We invite you to fill this out, and then ask someone who cares about you to fill it out, too. If their rating is lower than yours, ask them to share specific examples. If you want, you can do this once a month to see if you are making any changes.

**1 = rarely**

**2 = sometimes**

**3 = frequently**

1. You raise and never lower the self-esteem of others. \_\_\_\_\_
2. You work outside your comfort zone to help others as much or even more than yourself. \_\_\_\_\_
3. You give equal effort to a fair decision that you either agree or disagree with. \_\_\_\_\_
4. You ask for help. \_\_\_\_\_
5. You quickly and sincerely thank someone for their help. \_\_\_\_\_
6. You quickly offer help without someone asking for it. \_\_\_\_\_
7. You fully forgive after you've been hurt. \_\_\_\_\_
8. You quickly forget after you forgive and move on. \_\_\_\_\_
9. You recognize and apologize when you've let someone down. \_\_\_\_\_
10. You congratulate someone on an achievement or good fortune – and mean it. \_\_\_\_\_
11. You give more to the world than you take from it. \_\_\_\_\_

**11 – 16** = You may feel entitled and are probably more of a taker than a giver.

**17 – 24** = You are a decent person but there is room for improvement.

**25 – 33** = People are blessed to call you a friend or have you in their lives.