EXERCISE

ASSESSING MY TRUSTWORTHINESS

Using the scale below, assess your personal trustworthiness.

1 ALMOST NEVER 2 SELDOM 3 SOMETIMES 4 OFTEN 5 ALMOST ALWAYS

NOTES

OVERALL, TO WHAT EXTENT DO YOU:

Integrity:

- 1 2 3 4 5 1. "Walk the talk" with regard to your organization's mission and values?
- 1 2 3 4 5 2. Make clear and unambiguous commitments?
- 1 2 3 4 5 3. Comply with legal business regulations?
- 1 2 3 4 5 4. Act from a well-defined set of personal guiding principles?
- 1 2 3 4 5 5. Do what you say you will do?
- 1 2 3 4 5 6. Accept accountability rather than blame when things go wrong?
- 1 2 3 4 5 7. Arrive on time for meetings?

Total Integrity score (sum of 1-7)

Competence:

- 1 2 3 4 5 8. Understand your role and responsibilities?
- 1 2 3 4 5 9. Possess the technical expertise to do your job?
- 1 2 3 4 5 10. Set clear goals and objectives?
- 1 2 3 4 5 11. Deliver the business results you promise?
- 1 2 3 4 5 12. Have an education and/or experience consistent with the demands of your job?
- 1 2 3 4 5 13. Seek to improve areas of deficiency?
- 1 2 3 4 5 14. Share your knowledge and expertise with others?

Total Competence score (sum of 8-14)

Compassion:

- 1 2 3 4 5 15. Treat others with dignity and respect?
- 1 2 3 4 5 16. Have faith in other's abilities to contribute?
- 1 2 3 4 5 17. Listen and seek input from others?
- 1 2 3 4 5 18. Act in a manner perceived as fair?
- 1 2 3 4 5 19. Put the good of the whole above protecting your turf?
- 1 2 3 4 5 20. Seek to be a team player?

_____Total Compassion score (sum of 15-20)

TOTAL TRUSTWORTHINESS SCORE (sum of 1-20)

