



Numerically rate questions to discover which skills come naturally during the activity. Which do you need to enhance?				
	Behaviors	How easily do these come to you?		
		Not at all	Some what	Very easily
Listening Respect Participation Communication	1. Listen to someone's question or comment before responding.			
	2. Listen to the needs and ideas of others with respect and openness.			
	3. Participate in goal setting and planning process.			
	4. Value everyone's input.			
Handling Criticism Dealing with resistance Feedback	5. Encourage cooperation between peers.			
	6. Step in to resolve conflicts.			
	7. Handle resistance well.			
	8. Giving criticism kindly.			
Adaptability Saying "No" Recognizing good work Respect	9. Quickly accommodate to changing conditions.			
	10. Set boundaries in positive ways.			
	11. Giving praise freely.			
	12. Not abusing others' time (i.e. lateness, delays, etc.)			
Add the points in each column.				
Lowest score reveals which areas you need to work to improve.				

When completing this quiz, remember to:

- Answer the questions honestly.
- Seek feedback from a friend, colleague, or individual with a "front row seat" to your life.
- Take the quiz now, save a copy and take it again within the year.

Best of luck!

Notes:
