

# CHECK YOUR RESPECT

Use this short true and false assessment to evaluate your level of respect. Be completely honest with yourself and your answers. Consider your interactions with all people, personal and professional.

True      False

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I listen and allow people to speak <i>uninterrupted</i> . |
| <input type="checkbox"/> | <input type="checkbox"/> | I treat <i>all</i> people with a sense of worth.          |
| <input type="checkbox"/> | <input type="checkbox"/> | I use manners and common courtesy.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | I do not talk down to or about others.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | I consider others' feelings.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | I uphold and believe in standards and policy.             |
| <input type="checkbox"/> | <input type="checkbox"/> | I treat people fairly.                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | I am selfless when dealing with others.                   |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a positive attitude.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | I accept that others' opinions may differ from mine.      |

# A+

If you did not answer true to all of the above statements, you're not alone. You have some areas that you can improve in, as most people do.

Each statement will literally cost you nothing to adhere to.  
**Start today!**

