

Am I willing to be the First to Trust?

For each statement assess how well you display the characteristics relating to trust.

<i>Read the statement, evaluate your current behavior and check the appropriate box</i>	Never	Sometimes	Generally	Almost Always	Always
I am willing to disclose information about who I am & what I believe in					
I admit my mistakes					
I acknowledge the need for personal improvement					
I ask for feedback both positive and negative					
I listen intently to what others are saying					
I invite interested parties to important meetings					
I share information that is useful to others					
I openly acknowledge the contribution of others					
I show I am willing to change my mind when someone else has a good idea					
I avoid talking negatively about others					
I treat others with dignity and respect					
I make personal sacrifices to meet a group goal					
I pitch in and help when others are busy or are running behind					
I treat every relationship as if it will last for a lifetime, even if it won't					
I feel I can learn something from everyone I meet					
I understand that nothing significant is ever accomplished alone so I use the word "we" more than "I."					

If you have more responses to the right of the "Generally" column it is a good indication that you are more willing to initiate a trusting relationship. Review the statements where your responses are to the left. These require your attention and are areas you should improve upon.