

Confident Humility Assessment

	Confident-Humility	Rate Yourself	Prideful Insecurity
1.	I take responsibility for my mistakes.	Often 3 2 1 0 -1 -2 -3	I blame others and come up with excuses.
2.	I ask for help when I cannot find a solution.	Often 3 2 1 0 -1 -2 -3	I rarely ask for help.
3.	I appreciate the talents of others.	Often 3 2 1 0 -1 -2 -3	I am jealous of the talents of others.
4.	I give praise to the people that did the work.	Often 3 2 1 0 -1 -2 -3	I take the credit other people's work.
5.	I have a proper awareness of my strengths.	Often 3 2 1 0 -1 -2 -3	I tell people how great I am.
6.	I have a proper awareness my weaknesses.	Often 3 2 1 0 -1 -2 -3	I tell people how worthless I am.
7.	I genuinely thank people for the praise they give me.	Often 3 2 1 0 -1 -2 -3	I thank people and then continue to talk about my accomplishments.
8.	I communicate difficult information in a clear secure manner.	Often 3 2 1 0 -1 -2 -3	I avoid communicating difficult information because I do not want people to think badly about me.
9.	I have the knowledge and skills to do my work well.	Often 3 2 1 0 -1 -2 -3	I pretend I have the knowledge and skills to do my work.
10.	I can express my sincere emotions with others.	Often 3 2 1 0 -1 -2 -3	I feel superior to others.
11.	I praise others when they win and I lose.	Often 3 2 1 0 -1 -2 -3	I have to win and I hate to lose.
12.	I embrace feedback.	Often 3 2 1 0 -1 -2 -3	I avoid feedback.
13.	I believe accountability is helpful and necessary.	Often 3 2 1 0 -1 -2 -3	I don't like being accountable to anyone but myself.
14.	I accurately communicate data.	Often 3 2 1 0 -1 -2 -3	I exaggerate data to make myself look better.
	Total Score		

Maximum Score = 42

Minimum Score = -42

Confident Humility Reflection & Application

Reflection

What awareness do you have from taking the Confident-Humility assessment?

Application

What behaviors would you like to change?

Goal

Identify one specific behavior change goal.

Example: I will ask for feedback from my manager once a week during our one-on-one meetings about the Leadership project.

Who will you share your goal with?