

Assessment of My Attitude and Ability

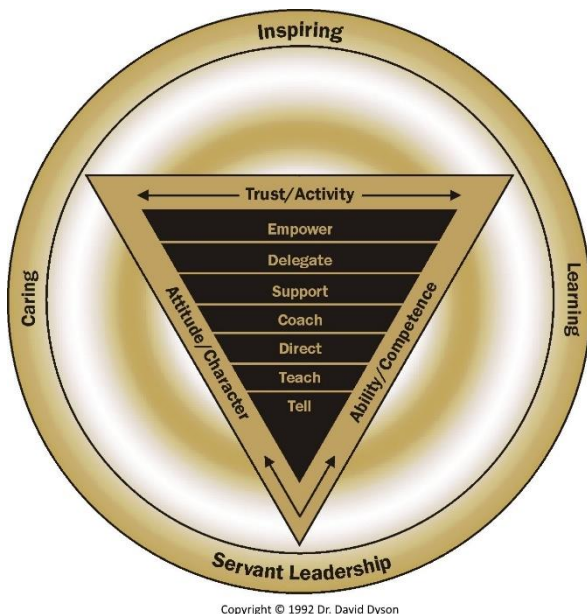
Purpose: To assess yourself for the 7 *Components of Attitude and Ability* needed for earning trust for empowerment.

Instructions: Read each statement and honestly assess where you are **Now** and the level you **Desire**.

Scale: Use the system common to most—school: Circle A-F (A=excellent, B=good / C=satisfactory, D=poor, F=failure)

Trust in Myself for the <i>7 Components of Attitude</i>	Now	Desire
1. Choices —I identify my callings and write plans that inspire and guide me.	ABCDF	ABCDF
2. Commitment —I am dedicated to my callings, profession, and other priorities—and pursue them with passion.	ABCDF	ABCDF
3. Character —I do what I say I will, with good intent, keeping promises to self and others—even when no one else is watching.	ABCDF	ABCDF
4. Courage —I act on what is important even before feeling confident; I face fear.	ABCDF	ABCDF
5. Confidence —I believe in my character and competence (attitude, skills, knowledge).	ABCDF	ABCDF
6. Connection —I feel connected to the people I serve/work with and work we fulfill.	ABCDF	ABCDF
7. Charisma —I attract people who match on goals and values to work with me and inspire them to develop, serve, and succeed.	ABCDF	ABCDF

Trust in Myself for the <i>7 Components of Ability</i>	Now	Desire
1. Experience —I have done what I need to do enough to do it well.	ABCDF	ABCDF
2. Practice —I prepare in advance for performing important actions.	ABCDF	ABCDF
3. Habits/Instincts —I follow habits that help me develop instincts to do the right things well, automatically, even under stress.	ABCDF	ABCDF
4. Education —I have the academic preparation needed for my profession and other important areas of life.	ABCDF	ABCDF
5. Training —I get instruction and coaching related to my job priorities and to life leadership skills (like planning, motivation, time management) that help me work/live effectively.	ABCDF	ABCDF
6. Self-study —I learn and improve attitude, skills, and knowledge about areas related to my callings and capacities and learn from people successful at what I want to do.	ABCDF	ABCDF
7. Observation —I watch masters so I can emulate their plans, actions, and results.	ABCDF	ABCDF



*Develop
Higher levels of Attitude and Ability
to earn higher levels of empowerment.*

*Develop
Attitude, Skills, and Knowledge (ASK)
to give and gain more.
“Ask and you shall receive....”*

The trust we believe for our capacities, plus the trust believed by a leader for our attitude and ability determines the levels of leadership and empowerment we earn for each major role or task. This applies at home, work, volunteerism...in all 7 *Areas of Life*.