

Integrity Assessment

This self-assessment has been created to help you evaluate how well you are living a life of integrity. The more honest you are with yourself in answering these questions, the more accurate and useful this assessment will serve you.

		Always	Sometimes	Never
1.	Do you keep your word?			
2.	Are you an honest person?			
3.	Are you a reliable person?			
4.	Are you genuine and honest in your dealings with others?			
5.	Do you own your mistakes and admit when you are wrong?			
6.	Are you transparent and authentic with others?			
7.	Do you follow the rules?			
8.	Do you value other people's time?			
9.	Do you acknowledge other people's contributions?			
10.	Do you do the right thing, even when no one is looking?			

ALWAYS: Demonstrating a high degree of integrity in this area.

SOMETIMES: Some level of integrity, but room for improvement.

NEVER: No integrity in this area. Much improvement is needed.

Go Deeper: Ask five people who know you well to complete this assessment based on their perception of you. Compare their responses to your own. The gap between how you see yourself and how others see you is where the opportunity for self-improvement exists. Re-assess yourself regularly to measure how well you are improving as a person of integrity.