

# Exercise: How Trustworthy Are You?

So, how trustworthy are you currently? Take this quick self-assessment to find out.

**Instruction:** Rate yourself on a scale of 1 to 5 for each question, with 1 being the lowest and 5 being the highest.

Do you always tell the truth in your dealings with others?	1	2	3	4	5
Do you make an effort to understand and respect the interests of others?	1	2	3	4	5
Do you speak from expertise in the subjects you deal with?	1	2	3	4	5
Are you sincere in your dealings?	1	2	3	4	5
When you agree to do something, do you always follow through?	1	2	3	4	5
Do you keep confidences?	1	2	3	4	5

Your total score will give you a sense of your current trustworthiness level. If you scored low in any area, don't sweat it! Just focus on improving in that area, one day at a time.