

BizCoach, LLC
Workplace Trust • Executive Coaching • Leadership Development

Trustworthiness Self-Assessment

Research shows high levels of trust within workgroups results in higher productivity, increased engagement and less stress. This trustworthiness self-assessment is designed to help you determine your current self-perceived levels of trust, based on 10 statements.

1) I demonstrate integrity.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

2) My actions are consistent with my words.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

3) I demonstrate respect for others.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

4) I actively listen.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

5) I am a team player.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

6) I act responsibly.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

7) I take initiative and innovate.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

8) I maintain a positive attitude.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

9) I seek continuous improvement.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○

10) I deliver results.				
Never – 1	Sometimes – 2	Generally – 3	Frequently – 4	Always – 5
○	○	○	○	○