

Worksheet One - Integrity

Integrity isn't something that you do, its something that you have. Actions that demonstrate any of these six categories to a high degree will increase your integrity in the eyes of others. Faking these characteristics or going completely against them will lower your integrity.

After making copies, circle a number that represents how you see yourself on each of these. For further feedback, have others fill out where they feel you are on each of these anonymously, writing suggestions that you can use for improvement.

Patience 1 2 3 4 5 6 7 8 9 10

Kindness 1 2 3 4 5 6 7 8 9 10

Not envious 1 2 3 4 5 6 7 8 9 10

Humility 1 2 3 4 5 6 7 8 9 10

Slow to anger 1 2 3 4 5 6 7 8 9 10

Truthfulness 1 2 3 4 5 6 7 8 9 10

Total _____/60

Average (total/6)_____

If you have questions or want to email a story about your experience using this worksheet, send an email to "dgallen@authordavid.com"

Worksheet Two - Getting the Job Done

Getting the job done is a little different. Often we test people for trust by seeing if they get the job done for us or not. When people say they will do something, and they do it, your trust for them goes up. If they don't do it, you question whether you should trust them anymore. To truly have trust, you must do more than just care about others and have integrity. You must also be able to take action and get results.

After making copies, circle a number that represents how you see yourself on each of these. For further feedback, have others fill out where they feel you are on each of these anonymously, writing suggestions that you can use for improvement. One suggestion is to figure out for yourself what would meet your needs. What do you value when it comes to achievement? Find out this information from others to increase your score.

Do you usually have a plan?

1 2 3 4 5 6 7 8 9 10

Do you prioritize well?

1 2 3 4 5 6 7 8 9 10

Are you resourceful?

1 2 3 4 5 6 7 8 9 10

Can you gain momentum?

1 2 3 4 5 6 7 8 9 10

Are you able to follow through?

1 2 3 4 5 6 7 8 9 10

Total _____/50

Average (total/5)_____

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Worksheet Three - Having Others' Bests Interests In Mind

Having another person's best interests in mind means seeing and realizing how your actions will affect that particular person. Once you fill out Worksheet #3, you will have a better understanding of what this means. In order to fill it out, you will need to ask yourself, "Where am I on a scale of 1 to 10 on these behaviors? Out of every ten decisions, how often do I do these things?" Like in golf, your goal is to have a low score for these characteristics. After you find your average, subtract that number from the number 10 to see just how high you rank on a 1-10 scale on having other people's best interest in mind.

Desiring to be Recognized and Appreciated

1 2 3 4 5 6 7 8 9 10

Drawing Attention to my Abilities and Achievements

1 2 3 4 5 6 7 8 9 10

Refusing to Give Up Personal Rights

1 2 3 4 5 6 7 8 9 10

Desiring to Control Others

1 2 3 4 5 6 7 8 9 10

Being Quick to Blame Others for Their Failures

1 2 3 4 5 6 7 8 9 10

Being Self-Focused

1 2 3 4 5 6 7 8 9 10

Becoming Defensive When Criticized

1 2 3 4 5 6 7 8 9 10

Being Overly Concerned About What Others Think of Me

1 2 3 4 5 6 7 8 9 10

Difficulty Admitting When I Have Failed

1 2 3 4 5 6 7 8 9 10

Feeling Hurt When I Am Overlooked

1 2 3 4 5 6 7 8 9 10

Desiring for Others to Meet my Needs

1 2 3 4 5 6 7 8 9 10

Viewing Others as Lower Than Myself

1 2 3 4 5 6 7 8 9 10

Feeling Self-Sufficient With no Need for God or Others

1 2 3 4 5 6 7 8 9 10

Feeling Sorry For Myself Because I'm Not Appreciated

1 2 3 4 5 6 7 8 9 10

**Desiring to be Successful Apart From God's Blessing or
Direction**

1 2 3 4 5 6 7 8 9 10

Total _____/150

Average (total/15)_____

Having Other's Best Interests in Mind

(10- Average) _____

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Worksheet Four - Your Total Score

This worksheet puts everything together. Practice this on yourself first, because you are about to do this exercise several times on the last sheet. For further feedback, have others fill out anonymously where they feel you are on each of these, writing suggestions that you can use for improvement. Of course, people who trust each other very highly may be more open if they are comfortable.

Average of Integrity = _____

Average of Getting the Job Done = _____

(10- Average) Other People's Best Interests In Mind = _____

Total = _____ /30

Average (total/3) = _____

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Worksheet Five - Who Do You Trust?

In Worksheet #5 you can diagram your friends and see if they have the three legs of trust. Just ask all the below questions about your friends.

Does this person have integrity?

Does this person get the job done?

Does this person have other people's best interests in mind? Do they have yours?

What are their strengths, and what are their weaknesses in each area?

Sometimes, making a guess based upon your gut feeling can be a valuable starting point for gaining awareness. After that, use the previous sheets for guidance on what areas could use improvement. Then you will have valuable feedback you could give to these people if they asked for it.

If your friends are in your study group, it will require strong emotional intelligence to do this openly. I recommend doing it anonymously for yourself, first, if the trust environment is low or people are uncomfortable with that level of transparency. More benefit will come doing this openly with your most trusted friends if the level of trust and comfort are already high.

Name: _____

Name: _____

Integrity: _____

Integrity: _____

Job Done: _____

Job Done: _____

Best Interest: _____

Best Interest: _____

Average: _____

Average: _____

Name: _____

Name: _____

Integrity: _____

Integrity: _____

Job Done: _____ **Job Done:** _____

Best Interest: _____ **Best Interest:** _____

Average: _____ **Average:** _____

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*Keep reading for a quick look at events in the next book in the Emotionally
Bulletproof series...*