

**Self-Assessment:
How Humble Am I?**

Indicate whether you agree or disagree generally with the following statements. Don't second-guess. Just check your first instinct.

STATEMENT	AGREE	DISAGREE	POINTS
1. Others have said that they think I'm humble.			
2. I always admit when I'm wrong.			
3. My strengths are amazing.			
4. My friend's skills are as valuable as mine.			
5. I prefer to do things on my own.			
6. I enjoy helping others again and again.			
7. I believe others are envious of me.			
8. I know best.			
9. I have done only a few things for which I need to be forgiven.			
10. My enemies are as good as me.			
Total Points:			_____

Tally Your Score: Give yourself a point if you *agreed* with questions 1, 2, 4, 6, and 10 and a point if you *disagreed* with questions 3, 5, 7, 8 and 9, and add them up. The higher the number, the more humble you seem to be. Here is a rule of thumb to interpret your score:

- 8 – 10 Excellent**
- 6 – 7 Good**
- 4 – 5 Okay**
- 0 – 3 Poor**

Keep in mind that this is a general index of your humility. Also, recognize that taking a test for humility may be a little crazy, because to say you are humble sounds like you are not. (For this reason, the scale was created to not ask you to agree with the statement "I am humble.") Even still, if your score surprises you, complete the task again and average the scores.