

Name _____

Building a Personal Awareness

How much consideration do you give to others? Be Honest!

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|--|-----|----|-------|
| 1. If I open it, I close it. | YES | NO | MAYBE |
| 2. If I turn it on, I turn it off. | YES | NO | MAYBE |
| 3. If I make a mistake, I admit it, so others don't get blamed. | YES | NO | MAYBE |
| 4. If I know it could be hurtful, I keep it to myself. | YES | NO | MAYBE |
| 5. If I can help with something, I do, without being asked. | YES | NO | MAYBE |
| 6. If I borrow it, I return it. | YES | NO | MAYBE |
| 7. If I make a mess, I clean it up. | YES | NO | MAYBE |
| 8. If I move it from where it belongs, I put it back. | YES | NO | MAYBE |
| 9. If I don't know how to use it, I read the directions so I don't break it or mess it up. | YES | NO | MAYBE |
| 10. If it belongs to someone else, I ask before I use it. | YES | NO | MAYBE |

$\frac{\text{yes + maybe}}{\quad} - \frac{\text{no}}{\quad} = \frac{\text{total}}{\quad}$

Total # _____ _____ _____

Being "considerate" is the act of considering (thinking about) how your behavior impacts others and choosing actions that are thoughtful.

If your score is 15- 20, you are doing a good job overall in showing consideration to others. Surely, the people around you respect your ways.

Being thoughtful about how you impact others is important to good relationships. If your score is 9-14, you are starting to develop considerate habits. You may want to choose one area to focus on and practice that kind of considerate behavior as a way of forming a habit. Look for opportunities

If your score is below 9, today is your lucky day! Today you can start being aware of actions you can take to behave in considerate ways. Consider how your actions affect others. Choose one thing to work on and make an improvement. Most likely, someone will notice!

Believe it or not, making others happy will make you happy, too!