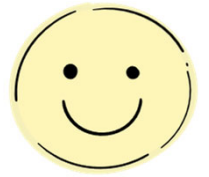




Self Assessment



During this self-assessment, please take a moment to reflect and honestly circle your responses.

Do I speak to others with respect, even in stressful situations?

Yes No Sometimes

Do I offer help when I see a colleague struggling?

Yes No Sometimes

I stay calm and constructive when resolving workplace conflicts?

Yes No Sometimes

Do I forgive mistakes and focus on solutions rather than blame?

Yes No Sometimes

Do I acknowledge and respect different opinions and backgrounds?

Yes No Sometimes

Do I reflect on my words and actions to ensure they promote kindness?

Yes No Sometimes

Do I apologize when I realize I've been unkind or insensitive?

Yes No Sometimes