



Graceful Self-Assessment

Consider how you are practicing the principles of grace. Use this self-assessment as a tool to help you improve, not a way to give yourself a pat on the back for how good you think you are.

Use a 5-point scale to rate your behaviors with 5 being best, 1 being worst.

As an individual...

- I practice humility on a daily basis.
- I recognize my limitations but do not use them as an excuse for not doing something.
- I strive to look for the good in others before making a judgment about them
- I consider it my responsibility to do something for the greater good.
- I make sacrifices of my own personal comfort so that others can benefit.
- I am generous with my time to people in need.
- I forgive those who have wronged me before I ask them to apologize for their mistakes.
- I use my energy to do one kind thing for someone every day.
- I believe that compassion involves showing mercy on those who have been wronged.
- I respect the dignity of others because it is what I am called upon to do.

As a leader...

- I practice humility as a means of opening myself up to learning from others.
- I behave as if I am the smartest person in the room because I know if I do others will stay silent.
- I assume people who work with me are acting with the best intentions until they prove otherwise.
- I act for the greater good of the team before acting on what's good for me.
- I make time to listen to others even when it means I cannot focus on my immediate demands.
- I make those with who I converse feel wanted and empowered.
- I insist that forgiveness be a team practice by allowing those who have transgressed the opportunity to make amends.
- I derive my energy from watching my colleagues succeed.
- I believe that compassion involves showing concern through positive actions, not simply nice words.
- I insist that our team practice dignity for others by showing respect for colleagues through their words and their actions.