



7 Words Q21

No, Hello, Thanks, Goodbye, Please, Sorry, Yes

Score each question 1 to 10: an absolute No = 1; an absolute Yes = 10.

		Score	Total
1	Do you prevent people taking advantage of you?		N
2	Do you stick to your No decisions?		
3	Do you mostly feel free from imposition?		
4	Are you truly interested in the views and attitudes of others?		H
5	Do you make opportunities to meet new people?		
6	Do you make friends and contacts if you go to a new place?		
7	Do friends and associates often thank you for your kindness?		T
8	Do you often give gestures of appreciation?		
9	Do you easily win children's confidence?		
10	Are you good at avoiding being 'stuck in a rut'?		G
11	Do you have courage to move into the unknown?		
12	Do you quickly let go of the past?		
13	Are you an assertive person?		P
14	Are you good at choosing and asking for what you want?		
15	Are you likelier to take action than to grumble?		
16	Do you make amends if you cause harm?		S
17	Are you relatively free of guilt?		
18	Are you a person who can "forgive and forget"?		
19	Do you usually wake up feeling enthusiastic?		Y
20	Do you "take life as it comes" with easy acceptance?		
21	Are you using your talents well?		

NO	HELLO	THANKS	GOODBYE	PLEASE	SORRY	YES	TOTAL

Name: _____

Date: _____

For more information about 7 Words contact:

Richard Grey
7 Words Guide
 The Threshold Centre, Cole Street Farm, Cole Street Lane, Gillingham, Dorset SP8 5JQ
 T: 07736 735 298
 E: richard@7words.co.uk

Plus, free newsletter '7 Words Spotlight' at www.7words.co.uk