

Mountain Guide Certification

MGS 2 - Where's My Trust Factor?

A. Rank the statements below using the following scale:

1 – Strongly Disagree 2 – Disagree 3 – Agree 4-Strongly Agree

Trustworthiness Score

- _____ I keep promises to others
- _____ I keep promises to myself
- _____ I follow through and complete things I commit to
- _____ I am accepting of myself
- _____ I feel good about who I am
- _____ I rarely criticize or tear down others
- _____ I am able to keep confidential information confidential
- _____ I rarely forget meetings and other activities
- _____ I am usually on time for my commitments
- _____ I listen to others and take into consideration their feelings and points of view
- _____ Total Score

Ability To Trust Others Score

- _____ I establish relationships easily
- _____ I am confident others will treat me fairly
- _____ I feel respected by most people
- _____ I believe in the basic goodness of most people
- _____ It is easy for me to be open in my communication with others
- _____ I have positive relationships with most people
- _____ I find it easy to ask others for help when I need it
- _____ I have people in my life with whom I can share my deepest feelings
- _____ I have someone I feel confident in going to for advice
- _____ I trust my fellow team members to carry out their duties
- _____ Total Score

Scoring Range: **High Level** = 35-40 **Medium Level** = 25-35 **Low Level** = 24 or less

B. Answer the following questions:

1. When looking at the two lists above, which areas do you need to improve?
2. Of the areas you feel need improvement, choose one or two you believe would be most beneficial to you.