



# Rate Yourself:



## CARING

Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the caring skills listed.

2.) Circle the ones you feel you could improve upon.

*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ I help people in need

\_\_\_\_\_ I treat everyone kindly

\_\_\_\_\_ I am generous

\_\_\_\_\_ I am not mean or hurtful  
to others

\_\_\_\_\_ I compliment others  
sincerely and deservedly

\_\_\_\_\_ I help others in need

\_\_\_\_\_ I am genuine with others

\_\_\_\_\_ I am empathetic
