

How Authentic Are They? Their name: _____

Consider each of the questions in the self-test below and decide if you (5) Strongly Agree, (4) Agree, (3) Somewhat Agree, (2) Disagree, or (1) Strongly Disagree with the statements made about the level of authenticity you see in another person.

	Strongly Agree				Strongly Disagree
1. I would describe this person as having a fulfilling, meaningful life	5	4	3	2	1
2. They are clear about their personal values and live in alignment with what matters to them	5	4	3	2	1
3. This person is predictably stable, poised under pressure	5	4	3	2	1
4. They are making a positive difference in the world	5	4	3	2	1
5. This person is self-aware	5	4	3	2	1
6. This person likes him/herself	5	4	3	2	1
7. They are aware of their unique talents while remaining humble	5	4	3	2	1
8. This person is relaxing to be around	5	4	3	2	1
9. This is a non-controlling person	5	4	3	2	1
10. This person lives what they espouse; they walk the talk	5	4	3	2	1
11. I can trust this person to be honest	5	4	3	2	1
12. I feel supported and connected by this person	5	4	3	2	1
13. This person can be counted on to honor their promises	5	4	3	2	1
14. I like being around this person	5	4	3	2	1
15. This person has good people skills	5	4	3	2	1
16. This person handles negative feelings (e.g. anger frustration, fear, etc.) in a positive way	5	4	3	2	1
17. They are comfortable with who they are, at peace with themselves	5	4	3	2	1
18. This person lives a balanced life	5	4	3	2	1
19. I would call this person somebody who cares	5	4	3	2	1
20. This person is living with a sense of purpose, a life they are meant to live	5	4	3	2	1

How Authentic Are They? *..continued*

In the area of Authenticity, what would you like them to:

Start Doing?

Stop Doing?

Continue Doing?