



Q21

7 Words – Personal Development Tool

Please answer these questions by putting a number between 1 and 10 as a score.
An absolute No is 1, an absolute Yes is 10.

<i>No</i>	<i>Score</i>
Do you prevent people from taking advantage of you?	_____
Do you keep to your No decisions?	_____
Do you mostly feel free from imposition?	_____
<i>Hello</i>	
Are you truly interested in the views and attitudes of others?	_____
Do you make opportunities to meet new people?	_____
Do you make friends and contacts if you go to a new place?	_____
<i>Thanks</i>	
Do friends and associates often thank you for your kindness?	_____
Do you often give gestures of appreciation?	_____
Do you easily win children’s confidence?	_____
<i>Goodbye</i>	
Are you good at avoiding being 'stuck in a rut'?	_____
Do you have courage to move into the unknown?	_____
Do you quickly let go of the past?	_____
<i>Please</i>	
Are you an assertive person?	_____
Are you good at choosing and asking for what you want?	_____
Are you likelier to take action than to grumble?	_____
<i>Sorry</i>	
Do you make amends if you cause someone harm?	_____
Are you relatively free of guilt?	_____
Are you a person who can “forgive and forget”?	_____
<i>Yes</i>	
Do you usually wake up feeling enthusiastic?	_____
Do you “take life as it comes” with easy acceptance?	_____
Are you using your talents well?	_____
	TOTAL _____

Enter the totals here of the three questions for each of these 7 words:

No	Hello	Thanks	Goodbye	Please	Sorry	Yes	Total

Client:

Date:

Please go to www.7words.co.uk for some very interesting articles and free study material