

Determine Your RQ (Respect Quotient)

*Answer the questions as HONESTLY as you can. There is no judgement in your answers.
This is for you!*

Scale of 1-10 (1 being least/seldom, 10 being the most/often)

SECTION 1

1. How self-respectful are you? 1 2 3 4 5 6 7 8 9 10
2. How respectful are you of your own body? 1 2 3 4 5 6 7 8 9 10
3. How respectful are you of other people? 1 2 3 4 5 6 7 8 9 10
4. How respectful are you of physical things? 1 2 3 4 5 6 7 8 9 10
5. How respectful are you of places that you spend time in? 1 2 3 4 5 6 7 8 9 10
6. How respectful are you of money? 1 2 3 4 5 6 7 8 9 10
7. Are you usually accountable for your actions/choices? 1 2 3 4 5 6 7 8 9 10
8. Do you often take chances and try something new? 1 2 3 4 5 6 7 8 9 10
9. Do you often make changes in yourself for the better? 1 2 3 4 5 6 7 8 9 10
10. How forgiving are you of others? 1 2 3 4 5 6 7 8 9 10
11. How forgiving are you of yourself? 1 2 3 4 5 6 7 8 9 10
12. How confident are you? 1 2 3 4 5 6 7 8 9 10
13. How positive do you think you are? 1 2 3 4 5 6 7 8 9 10
14. How much do you love yourself? 1 2 3 4 5 6 7 8 9 10
15. How vulnerable are you? 1 2 3 4 5 6 7 8 9 10
16. How "present" are you? 1 2 3 4 5 6 7 8 9 10
17. How polite are you? 1 2 3 4 5 6 7 8 9 10
18. Do you feel happy? 1 2 3 4 5 6 7 8 9 10
19. Do you feel content with your life? 1 2 3 4 5 6 7 8 9 10

20. Do you often show gratitude? 1 2 3 4 5 6 7 8 9 10

21. Do you know your core values? 1 2 3 4 5 6 7 8 9 10

22. Do you have dreams and goals? 1 2 3 4 5 6 7 8 9 10

23. How well do you like the current people you hang out with? 1 2 3 4 5 6 7 8 9 10

SECTION 2

24. Do you often judge people? 1 2 3 4 5 6 7 8 9 10

25. Do you often judge yourself? 1 2 3 4 5 6 7 8 9 10

26. Do you often disparage yourself? 1 2 3 4 5 6 7 8 9 10

27. Do you often worry? 1 2 3 4 5 6 7 8 9 10

28. Do you often argue? 1 2 3 4 5 6 7 8 9 10

29. Do you often complain? 1 2 3 4 5 6 7 8 9 10

30. Do you often gossip? 1 2 3 4 5 6 7 8 9 10

31. Do you often get “triggered?” 1 2 3 4 5 6 7 8 9 10

32. How negative do you think you are? 1 2 3 4 5 6 7 8 9 10

33. How often do you feel threatened? 1 2 3 4 5 6 7 8 9 10

Scoring Your Test

Each number you selected has the same corresponding score point. If you selected 4 on the scale, it would count as 4 points.

TOTAL FOR SECTION 1 _____

TOTAL FOR SECTION 2 _____

Subtract section 2 from section 1

_____ THIS IS YOUR SCORE