

Courageous Kindness Self-Assessment

Definition:

Courageous kindness is embracing and extending love through kindness to everyone, regardless of the situation.

Instructions:

Rate yourself on each question using the scale below:

- **1 = Rarely true** (I seldom act or think this way)
- **2 = Occasionally true** (I show this at times, but inconsistently)
- **3 = Sometimes true** (I demonstrate this about half the time)
- **4 = Often true** (I practice this regularly, though not always)
- **5 = Consistently true** (This is a steady and reliable part of who I am)

Self – Assessment Questions	1	2	3	4	5
1) How do I see myself? Do I treat myself with the same love, patience, and compassion that I try to extend to others?					
2) How do I see others? When I encounter people who are different from me—or who may even frustrate me—do I still view them as valuable human beings worthy of kindness?					
3) How do I speak to myself? Is my self-talk encouraging, respectful, and forgiving, or is it harsh and judgmental?					
4) How do I communicate with others? Are my words uplifting and respectful, even in moments of disagreement or conflict?					
5) How do I act when kindness feels inconvenient or difficult? Do I choose kindness even when it requires courage, patience, or personal sacrifice?					
6) Do I pause to listen before reacting? When others share opinions or emotions, do I seek to understand before responding?					
7) Am I consistent in my kindness? Do I extend kindness equally to friends, strangers, and even those I find challenging?					
8) Do I acknowledge and celebrate others? Do I look for opportunities to express gratitude, encouragement, and appreciation to people around me?					
9) Do I take responsibility for my unkind moments? When I fall short, do I apologize sincerely and seek to repair the relationship?					
10) Am I intentional about creating ripple effects of kindness? Do I look for ways to amplify kindness—encouraging others to pay it forward or modeling it in a way that inspires?					

Scoring

1. Add your ratings for all questions (range 10–50).
2. Interpret your total score:
 - 10–19 = **Beginning Awareness** – You may rarely act with consistent courageous kindness; opportunity to grow.
 - 20–29 = **Developing Practice** – You show moments of courageous kindness, but it's inconsistent.
 - 30–39 = **Growing Kindness** – You often act with courageous kindness, good awareness, and effort.
 - 40–50 = **Consistently Courageous** – You reliably demonstrate courageous kindness across thoughts, words, and actions.

Reflection

1. Which questions did you score lowest on? How might you grow in these areas?
2. Which questions did you score highest on? How can you continue to amplify these strengths?
3. Write 1–2 action steps you will take in the next week to practice courageous kindness.