

The Dignity and Respect Check-up Sheet			
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<ol style="list-style-type: none"> 1. The position I hold is valued and appreciated 2. I am included in decisions 3. I am allowed to be planful about future events and not just reactive 4. Someone asks for my opinion 5. I am given constructive and thoughtful feedback 6. Others listen to me 7. People thank me 8. My integrity is affirmed 9. My input is sought and valued 10. Others back me up 11. There is concrete evidence that my input was followed 12. I am trusted 13. My work is appreciated 14. I am rewarded 15. I call a meeting and people show-up 16. I am invited to be a part of a special team 17. People pay attention to me when I speak 18. I am given more responsibility 19. I hear an affirming tone of voice 20. I receive public recognition in front of customers and peers 21. I am given the whole story 22. I am trusted to deliver on my commitments 23. When others respond to my requests 24. I am asked for advice and help 25. People feel confident in me 26. When I am not fed B.S. everyday 27. When I feel I have something to offer 28. I am treated with a minimum of politeness 29. When “who I am” is more important than “what I am” 30. People feel confident in me 		<ol style="list-style-type: none"> 31. I feel safe enough to admit I am wrong 32. When I get positive feedback 33. When I am brought into confidence and “inside the circle” 34. I am able to make my point without interruption 35. I am included in making the decision 36. When I am given choice vs. being “told” 37. When I am given eye contact 38. Not insulting my intelligence; not painting a positive picture when it is negative 39. When you take the time to argue with me 40. When work responsibilities are fulfilled in my absence 41. When it is assumed that I am competent, professional and committed 42. When superiors ask for my opinion 43. When I am not publicly taken-to-task 44. I can effect change 45. I am given the freedom to manage my work 46. I am given the reason for decisions 47. When status differentials are not accentuated 48. When my feelings are validated 49. When personal factoids are remembered 50. When people don’t go around me 51. When I am not the dumping ground for other’s frustrations 52. I am not undermined 53. Recognize I exist 54. Help me when I get stuck 55. I am known by my name 	