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## Assess your Approach

	Yes	No	Unsure
Do you use 'I' statements, expressing autonomy, personal choice and involvement (if culturally appropriate)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you use co-operative questions to invite the other person to express their thoughts, preferences or needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you normally approach every new task or idea with a positive rather than a negative attitude?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you normally complete tasks with zest and feel that you'll succeed at them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you accomplish what you do without stealing ideas from others or climbing over others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you accept compliments positively?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When you give your word that you'll do something, do you do it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up you up front in how you deal with situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you take risks, but know your limitations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you know where you're going and how you're going to get there?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you usually attain your goals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you rarely have mood swings that adversely affect your communication with and behaviour towards others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you explain to others what effect their unpleasant behaviour is having on you, others the business?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you recognise that others have needs and rights just as you do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you direct your energy towards achieving your goals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do others believe that you will be pleased if they succeed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you let others know where they stand with you by offering constant feedback?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you enable others to use their energy constructively because there's no game playing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>