

DO YOU EMPOWER OTHERS?

“They should see nothing but good in one another . . . and speak no word of one another save only to praise.” —‘Abdu’l-Bahá

Have you ever felt down, and then gotten a lift from a friend’s cheerful words? Has a parent’s hug ever given you the confidence to take on a big challenge?

Words, actions, and body language can encourage others. When you speak enthusiastically, do kind deeds, and show

people that you believe in them, you empower those around you. Helping friends find the courage and strength to persevere with their goals is a wonderful service. It doesn’t take much—a thoughtful word, a note of encouragement, or even a smile can give someone a boost. Who will *you* help empower today?

Circle your answer under each statement, then add up your points.

1 Do you speak in a kind, positive, upbeat tone?

Often = 3 • Sometimes = 2 • Rarely = 1

2 Are you welcoming to new people, even if they look, speak, or act differently from you?

Often = 3 • Sometimes = 2 • Rarely = 1

3 Do you consult with friends about activities you’ll do together?

Often = 3 • Sometimes = 2 • Rarely = 1

4 Do you use friendly body language by smiling and making eye contact when someone greets you?

Often = 3 • Sometimes = 2 • Rarely = 1



5 Do you cheer for your friends and give sincere compliments for their accomplishments or great ideas?

Often = 3 • Sometimes = 2 • Rarely = 1

6 Do you look for ways to be helpful to others?

Often = 3 • Sometimes = 2 • Rarely = 1

7 When a friend is working on a goal, do you give him or her positive encouragement?

Often = 3 • Sometimes = 2 • Rarely = 1

8 Do you listen carefully to others’ opinions instead of insisting that you’re right?

Often = 3 • Sometimes = 2 • Rarely = 1

9 When someone is facing a challenge, do you offer comfort and support?

Often = 3 • Sometimes = 2 • Rarely = 1

10 Do you stop when you catch yourself starting to criticize or complain about something?

Often = 3 • Sometimes = 2 • Rarely = 1

11 Do you smile and thank people who are helpful, such as a server in a restaurant or a librarian?

Often = 3 • Sometimes = 2 • Rarely = 1

12 Do you let your family and friends know you appreciate them?

Often = 3 • Sometimes = 2 • Rarely = 1



SCORING

MY TOTAL:

36–28 points: You’re doing a *super* job of empowerment. You excel at sharing your confidence with others. Keep it up!

27–20 points: You have the power to uplift others! Have fun using it freely and often.

19–12 points: Your empowerment skills are just waiting to be released. Try some tips from the quiz to set them free.