

Determine Your Humor Quotient

Circle **7** if the statement is very **characteristic** of you.

Circle **1** if the statement is very **uncharacteristic** of you.

1. My boss would describe me as a "Humor Asset"	7	6	5	4	3	2	1
2. My co-workers & family would list my sense of humor as one of my best assets.	7	6	5	4	3	2	1
3. I avoid sarcasm, ethnic or negative humor except in private conversations with close friends.	7	6	5	4	3	2	1
4. I can laugh at my own mistakes and enjoy occasionally being poked fun at.	7	6	5	4	3	2	1
5. I laugh alone when I feel something is funny.	7	6	5	4	3	2	1
6. As a humor consumer, I easily laugh and enjoy laughing at jokes and stories others share.	7	6	5	4	3	2	1
7. I seek out cartoons, comedy shows, comedians and other humor stimulants.	7	6	5	4	3	2	1
9. I write down humorous stories and keep cartoons and articles that promote humor.	7	6	5	4	3	2	1
10. When stressed on the job, my sense of humor helps me keep my perspective.	7	6	5	4	3	2	1
11. I spontaneously look for the funny side of life and share it with others.	7	6	5	4	3	2	1
12. I send humorous notes and cartoons to friends, co-workers and customers.	7	6	5	4	3	2	1
13. My sense of humor makes it hard for people to stay mad at me.	7	6	5	4	3	2	1
14. I love to tell humorous stories to make my point in on-the-job communication.	7	6	5	4	3	2	1
15. I sometimes act silly at unexpected times.	7	6	5	4	3	2	1
16. I am comfortable laughing out loud with co-workers.	7	6	5	4	3	2	1
17. I use humor to help myself and others recall important things.	7	6	5	4	3	2	1

Add up your score: _____

120-140 You are lying or can't read!

91-119 You're a Humor Pro, keep up the good work.

71-90 You're fertile ground, just need humor cultivation.

45-70 Very serious condition, you suffer from AADS (Acquired Amusement Deficiency Syndrome)

Below 45 Drastic measures needed. You have TS (Terminal Seriousness)

How Well Do You Listen?

Rate the following 10 statements on a scale of 1 to 5 with **1 = lowest** and **5 = highest**.

1. I always attempt to give every person I speak to equal time to talk.	1	2	3	4	5
2. I really enjoy what other people have to say.	1	2	3	4	5
3. I never have difficulty waiting until someone finishes talking so that I can have my say.	1	2	3	4	5
4. I listen even when I do not particularly like the person talking.	1	2	3	4	5
5. I listen even when I do not agree with what the person who is talking is saying.	1	2	3	4	5
6. I put away what I am doing while someone is talking.	1	2	3	4	5
7. I always look directly at the person who is talking and give that person my full attention.	1	2	3	4	5
8. I encourage other people to talk by my nonverbal messages, such as gestures, facial expressions and posture.	1	2	3	4	5
9. I ask for clarification of words and ideas I do not understand.	1	2	3	4	5
10. I respect every person's right to his or her opinions, even if I disagree with them.	1	2	3	4	5

Scoring:

Add all the points above to arrive at your score _____

40-50	Terrific listener
30-39	Pretty good listener
20-20	Not listening well to others
19 or under	Very poor listener