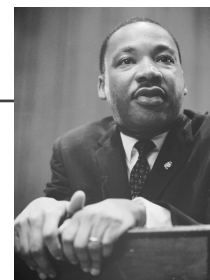


# Are you making the most of your inner Dr. King?



We all have the potential, if not the obligation, to do great things in great ways. Use this page to check your progress while reflecting on the words of Martin Luther King, Jr.

► INSTRUCTIONS: Read each item, then check the box (1 to 5) that best indicates how often your actions match the words. Use this scale: 1 = never 2 = rarely 3 = sometimes 4 = usually 5 = always

**1 EXCELLENCE** No matter what I'm doing at work, I strive to do my best.

1	2	3	4	5
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In Dr. King's words: *If a man is called to be a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry.*

**2 COURAGE** When important issues are being talked about, I take a stand and speak up.

1	2	3	4	5
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*Our lives begin to end the day we become silent about things that matter.*

**3 REFLECTION** When facing difficult situations, I learn the facts and think through all options.

1	2	3	4	5
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*Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions.*

**4 HOPE** When I run into roadblocks, I deal with them and move on, knowing better days are ahead.

1	2	3	4	5
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*We must accept finite disappointment, but never lose infinite hope.*

**5 INTERDEPENDENCE** When making decisions, I consider how my actions will affect other people.

1	2	3	4	5
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*An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.*

**6 SERVICE** I make an effort every day to help other people be successful.

1	2	3	4	5
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*Life's most urgent question is: What are you doing for others?*

**7 HUMILITY** I graciously accept help from others.

1	2	3	4	5
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*The art of acceptance is the art of making someone who has just done you a small favor wish that he might have done you a greater one.*

**8 VISION** In my life, I have a big vision for positive change that gives me inspiration.

1	2	3	4	5
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*I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.*

**9 MISSION** My life is guided by a meaningful mission that shapes what I do on a daily basis.

1	2	3	4	5
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*If a man hasn't discovered something he will die for, he isn't fit to live.*

**10 LEGACY** I live each day with such passion that if today were my last day on earth, I would be satisfied that I had made the most of my time and talents.

1	2	3	4	5
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*I want you to know tonight that we as a people will get to the promised land. So I'm happy tonight. I'm not worried about anything. I'm not fearing any man.*

Add the numbers in all the boxes you checked, and put the total here:

10-30 = You can do more to tap your potential. Set goals and take action now.  
 31-40 = You're making progress, but there's room to improve. Make it happen.  
 41-50 = You make a difference wherever you go. Keep it up – the world needs you.