


HOW STRONG IS YOUR DIY TENDENCY?

Choose the most appropriate answer for any question and sum up the results!

 = 10

 = 6

 = 3

 = 0

How often do you ask for help to achieve the things that are important to you?

 Hardly ever

 Often Very

 Sometimes

 Frequently

How often do you feel that others just don't do things well enough?


 Hardly ever

 Frequently

 Sometimes

 Almost always

How bad do you feel when you feel as though you've made a mistake?

 Not at All

 Quite Bad

 Somewhat

 Terrible

How accepting are you of criticism?

 Not at All

 Very High

 Somewhat

 Very Receptive

How many people would you trust to do things for you?

 None

 Quite a Few

 A Handful

 Loads

How easy do you find delegating to others?

 Impossible

 Mostly OK

 Not Easy at All

 Easy

How important to you is getting things just right?

 Not at All

 Important

 Somewhat

 Very Important

0 - 21: No or very low DIY tendency.

You are able to ask for help and be comfortable trusting others to do things that are important to you.

You are not too defensive of your projects or if you do feel defensive you are aware of this and consciously make necessary adjustments to get the help you need for your resilience and success.

If your score is towards the top end of this range there may still be scope for you to ask and accept more help sometimes.

22 - 39: DIY tendency could be an issue for you.

There may be particular aspects of DIY that are worth considering for you.

If you find it hard to ask for help – what is stopping you? If you are feeling defensive of your pet projects – what would help you build more trust in others? If perfectionism is something you grapple with – how can you let go a bit and be good enough?

40 - 70: You may be on the way to being a DIY champion.

Recognising where this might come from for you is a good place to start building this awareness will help you explore what choices you have to think and do things differently sometimes.