

Determine Your H.Q. (Humor Quotient)

Instructions: Respond to each item by placing an (X) in the space that best expresses how the statement describes you. If the statement is not like you at all, check space number one. If it fits perfectly, check space five. The spaces in between allow you to indicate various degrees of fit. If you are torn between feeling it does or does not apply, check space number three, the halfway mark.

Unlike Me

Like Me

Bill Collar "All The Way With PMA!" www.billcollar.com

1 2 3 4 5

- ___ ___ ___ ___ ___ 1. **Laughter** – I laugh often and have a lot of fun.
- ___ ___ ___ ___ ___ 2. **I am capable of laughing at myself** – It is easy for me to laugh at my mistakes and shortcomings.
- ___ ___ ___ ___ ___ 3. **Humorous Stories** – I enjoy a well-told and appropriate humorous story. I will repeat jokes or stories that I have heard.
- ___ ___ ___ ___ ___ 4. **Feelings** – I consider the feelings of others before attempting any humor. I realize it is not humor if others are offended.
- ___ ___ ___ ___ ___ 5. **Life Stories** - I like to share humorous stories from my life with others.
- ___ ___ ___ ___ ___ 6. **Stress** - I use my sense of humor to help combat stress. I am in charge of my life.
- ___ ___ ___ ___ ___ 7. **Play** - I find it rewarding to break away from the daily routine and find the time to engage in activities I find entertaining.
- ___ ___ ___ ___ ___ 8. **Unpleasant Times** – I use my sense of humor to cope in unpleasant times. This serves as a diversion from the prevailing problem.
- ___ ___ ___ ___ ___ 9. **Have Fun** - I enjoy interacting with people and find that I can have fun without trying to be funny.
- ___ ___ ___ ___ ___ 10. **Chill Out** - I am tolerant of mistakes made by others and am more likely to see the humor in a situation than to criticize.
- ___ ___ ___ ___ ___ 11. **Spontaneous Comments** – I have developed the ability to engage in off-the-cuff banter with others.
- ___ ___ ___ ___ ___ 12. **Silly Ideas** - I see original ideas and comments as stepping-stones to solving problems. I reserve judgment and encourage others to voice their opinions.
- ___ ___ ___ ___ ___ 13. **Communication** – When I am asked to speak or express my thoughts I am comfortable working in humorous examples or references.
- ___ ___ ___ ___ ___ 14. **Health** – I believe the more I laugh, the healthier I am.

-----My Score

Scoring: Add up your total points to determine your humor quotient. The following scale will give you some idea of of your level of humor at this time.

60 – 70 An excellent level of humor. You have a great attitude and are fun to be around.

50 – 59 An impressive score! You utilize humor to stay in control of your life.

40 – 49 Improve in several categories and raise your H.Q. to a point where it will be an asset.

30 – 39 Lighten up and laugh more. Keep working on a self-improvement plan.

Below 29 – You are at risk of becoming humor impaired. Act now to welcome more fun into your life.