

# COMMON GOOD

## SELF-CHECK 3.1

Please evaluate your behaviour in the last 12 months – exclusively for yourself – for all of the 25 statements. Check the circle which applies the most.

		no	partly no	no and yes	partly yes	yes
Human Dignity	<b>My own:</b> I have perceived myself as a unique human being and shown appreciation.	-1	0	2	3	5
	<b>Others':</b> I have perceived other people in their uniqueness and shown appreciation.	-2	0	1	2	4
	<b>In relationships:</b> I have shaped my relations consciously, including the relation to myself.	-1	0	1	3	4
	<b>In communication:</b> I have consciously communicated with other people (family members, friends, colleagues, cashiers etc.) in my daily life.	-1	0	1	2	3
	<b>Taking action:</b> I have advocated for the respect for human dignity in social and economic institutions.	-1	0	1	2	3
Solidarity	<b>Zero expectations:</b> I have donated / given / helped / shared without expecting concrete favours in return.	-1	0	2	3	4
	<b>Generosity:</b> I have given time / knowledge / money / goods and thought about others' needs in doing so.	0	1	3	4	6
	<b>Thankfulness:</b> I have gratefully accepted time / knowledge / money / goods when given to me as a present.	-1	1	2	3	4
	<b>Courage:</b> I have dared to demonstrate moral courage and freedom of expression.	-1	0	1	3	4
	<b>Effectiveness:</b> In my entire display of solidarity I have also observed effects on society.	-1	1	2	3	4
Ecological Sustainability	<b>Consumer behaviour:</b> I have only consumed / used sustainable products and services – and only as much as I really needed,	-2	-1	1	2	4
	<b>Food:</b> As far as possible I have only consumed vegetarian, organic, regional and seasonal or home-grown food.	-2	0	1	2	4
	<b>Energy:</b> I have used energy for electricity and for heating only from renewable sources.	-2	-1	1	2	3
	<b>Mobility:</b> I have used only environmentally friendly means of transport.	-2	-1	1	2	3
	<b>Taking action for the environment:</b> I have also inspired other people to behave ecologically sustainable.	0	0	1	2	3

Social Justice	<b>Division of tasks:</b> I have spoken openly and sincerely about just division of rights / obligations in society and within my sphere of life and acted accordingly.	<input type="radio"/> -1	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 3	<input type="radio"/> 4
	<b>Bartering and buying:</b> I have respectfully engaged in bartering and buying activities with others.	<input type="radio"/> -1	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
	<b>Equal opportunities:</b> I have publicly advocated for a just society.	<input type="radio"/> -1	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
	<b>Sharing:</b> I have shared my possessions with others and used them in line with the common good.	<input type="radio"/> -2	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 4
	<b>Modesty:</b> I have consciously renounced behaviours of avarice and greed for profit (e.g. earnings from speculations, dividends, inflated interest rates, rental income).	<input type="radio"/> -1	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Democratic Participation	<b>Democratic awareness:</b> I have made myself aware of my sovereign as citizen as well as my responsibility for my life and society.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 5
	<b>Own opinion:</b> I have formed my own opinion and have followed it.	<input type="radio"/> -1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 5
	<b>Political culture:</b> I have engaged in contemporary forms of communication and decision making (e.g. non-violent communication, systemic consensing).	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
	<b>Democracy education:</b> I have contributed to a better understanding of democracy.	<input type="radio"/> -1	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
	<b>Political action:</b> I have taken part in political events (for society; e.g. in groups of regulars, in initiatives, not necessarily party political).	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 5

**Results:** Please sum the points of the ticked circles.

Human Dignity	Solidarity	Ecolog. Sustainability	Social Justice	Democratic Participation	Total
_____ P. +	_____ P. +	_____ P. +	_____ P. +	_____ P. =	_____ P.

**Your result serves as an orientation for your contribution to the common good:**

**67 to 100 points:** Congratulations! You have recognized that a good life is only possible through interaction within a community of solidarity. Maybe you find some more opportunities to take further action.

**33 to 67 points:** The result shows that the well-being of others and your environment are important to you. You can continue your development in this direction!

**0 to 33 points:** Sometimes you have been thinking of others and you could do a lot more for the community. Go through the test again and decide in which areas you would like to improve.

**Below 0 points:** Have you checked all boxes? If yes, you have been concentrating mostly in your own good. Choose one of the five areas you would like to improve in during the next year and set yourself concrete goals.

For further details consult the handbook for the common good: <http://ich-und.gwoe-steiermark.at>

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