

Are YOU Cooperative?

“The supreme need of humanity is cooperation and reciprocity.” –Abdu’l-Bahá

Competition can be fun in sports, friendly games, or science fairs. But sometimes it’s a good idea to balance your competitive drive with cooperation.

School projects or service activities are often more rewarding when a group works together. It’s a great feeling to be part of a team that gets along. We can use our strengths,

learn new things, and get a lot more done.

When you’re working with others, encourage everyone instead of trying to outshine them. Listen carefully and tell people when you like their ideas. Build unity and enthusiasm in your group by being cheerful and positive. When we cooperate with joy, everyone feels like a winner.

How are your cooperation skills? Circle your answers, then add up your points.



1. In a service project, I try to help everyone find a way to pitch in.
Often = 3 • Sometimes = 2 • Rarely = 1

2. I take turns sharing ideas, so others have a chance to talk.
Often = 3 • Sometimes = 2 • Rarely = 1

3. I’m curious and willing to learn new things from others.
Often = 3 • Sometimes = 2 • Rarely = 1

4. When solving a problem, I look for solutions that help everyone.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I’m a good sport when a game or event doesn’t go the way I want it to.
Often = 3 • Sometimes = 2 • Rarely = 1

6. If I have chores I don’t like, I still do my best to help my family.
Often = 3 • Sometimes = 2 • Rarely = 1

7. I encourage others if they’re having a tough time.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I try to be humble and compliment people when they do well.
Often = 3 • Sometimes = 2 • Rarely = 1

9. In a discussion, I listen with respect and give the speaker my full attention.
Often = 3 • Sometimes = 2 • Rarely = 1

10. I try to imagine other people’s points of view.
Often = 3 • Sometimes = 2 • Rarely = 1

11. If my team disagrees, I stay calm and help find a solution.
Often = 3 • Sometimes = 2 • Rarely = 1

12. When our group is successful, I share the credit with my teammates.
Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36-28 POINTS You’re a champion of cooperation. Your teamwork skills can inspire others. Keep it up!

27-20 POINTS You’re on the path to cooperation. Pick a new skill from the quiz to practice with others.

19-12 POINTS You can build your cooperation skills. Start by trying some ideas from the quiz.