

# Mindset Self-Assessment

Having a positive mindset is critical to surviving – and even thriving – through adversity. Assess your mindset by answering the following 10 questions indicating how often you engage in the behavior or activity with:

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- |                         |                          |
|-------------------------|--------------------------|
| <b>1 – Almost Never</b> | <b>4 – Often</b>         |
| <b>2 – Not Often</b>    | <b>5 – Almost Always</b> |
| <b>3 – Sometimes</b>    |                          |
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- 1 Do you use different sources of information to understand and improve yourself and your situation?
- 2 Do you seek out advice and additional perspectives on important events and situations in your life in order to spark new ways of thinking?
- 3 Do you try new things to help build your confidence and belief in yourself?
- 4 Do you listen to the positive and encouraging perspectives and opinions of the people you trust and respect to help you improve?
- 5 Do you set high expectations for yourself?
- 6 Do you not allow external factors to hold you back in times of change, transition or uncertainty?
- 7 Do you think of innovative, out-of-the-box ways to encourage, inspire or build yourself back up after you face adversity?
- 8 Do you put yourself outside of your comfort zone and capitalize on being in the right place at the right time?
- 9 Do you regularly (daily/weekly) do things like listen to podcasts, meditate, exercise, do yoga, read or engage in any other form of mental/physical stimulation to get yourself back on track after hard times?
- 10 Do you put in maximum effort and multiply that by maximum effectiveness to deliver maximum results in your life most of the time?

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## — TOTAL

Add up your total score and divide it by 50. Then multiply that by 100 to get your percentage.

## — Divide TOTAL/100 = %

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**If your score was 90% or above:** Your mindset is excellent, and it can definitely help you survive and thrive through adversity. But it's always a good idea to keep your mindset sharp. Continue what you are doing, add in the these things mentioned in the assessment that you're not doing and continue to learn and put forth maximum effort.

**If your score was between 80% or 90%:** Your mindset is good. When hard times befall you, you're mostly OK, but there's room to grow and improve. Which questions above had your lower scores (1s, 2s and 3s)? Start to focus on those areas where you got 1s and try to do more of them to start to improve your mindset. You can set a goal to improve your lower-score areas each week.

**If your score was between 70% and 80%:** Your mindset is fair. It's a toss-up as to whether your mindset will help or hinder you through adversity. Focus on one area where you scored yourself particularly low. You can set a goal to improve your lower-score areas each week.

**If your score was below 70%:** Your mindset needs enhancing. If you had a few questions that you answered 1-3, try to spend some time each week improving on those areas. Pick one per month and set some SMAC goals around it so you can start to improve in that area. For example, if you answered 1 to the question about listening to podcasts or engaging in physical exercise, a good SMAC goal could be to listen to one podcast per week or incorporate one walk a week.

**No matter your score, it's always a good idea to work on developing a positive mindset, which can help you expand your reality while also creating your new reality.**