

Mindset Quotient (MQ) Test - EXTENDED

CERTIFICATE OF ACHIEVEMENT

Stella Campbell

Has achieved

172/300 (57%)

on the

EXTENDED

MINDSET QUOTIENT™ TEST

April 15, 2020

Date

CURRENT thoughts and feelings

Option for Intent

Issued by:

The Institute for Personal and
Business Development

Report Summary

Name : **Stella Campbell**
Your Score : 172 out of 300 (57%)
Answered Correctly/Custom : **9 Question**
graded questions
Incorrect Answers : **1 Question**
Unanswered : 1 Question
Time Taken : 1 hrs 16 mins 22 secs
Your Result : **Sentry - Watchful and Prudent**

Your Basic Analysis:

The following analysis was automatically generated based on your scorable multiple choice answers:

You're watchful and prudent, a careful, hard worker who knows you'll achieve your goals if you give it everything you've got, as long as nothing gets in the way. The problem is, things often get in the way. Life sometimes seems unfair, unpredictable, or unfortunate. You're resourceful and manage to get through each challenge eventually, but sometimes you do long for a lucky break.

Although you live life guarded, your healthy skepticism often keeps you safe. Like a sentinel, you're always on the lookout for pitfalls and do a good job avoiding them. But sometimes you feel stuck or fearful of change. You'd like things to improve in several areas of your life, but so far, your efforts haven't caused any real giant leaps forward.

Sometimes life seems to be in the hands of fate, because no matter what you do, the same kinds of results keep happening. You believe positive thinking can help you live a better life, but haven't seen a whole lot of evidence that doing so has a real direct effect on your results. Sometimes your reason for thinking positive is to simply avoid regrets, more than it is to cause a change.

Your talent for recognizing potential problems can be a blessing and a curse. Even when you intentionally choose an outcome different than the default future, it can sometimes be hard to focus more on the happy potential than on the possible failure. After all, you've been burned before. You're more likely to be motivated by avoiding problems and hardships than by seeking experiences that you'll enjoy.

When facing a crisis, you always feel better when you can talk about the problem from every angle, to uncover the reason it happened and to help you

avoid similar issues in the future. You trust other people's opinions as long as they're cautious or prudent like you, but wouldn't it be nice if there weren't always so many problems to talk about?

Your Full Analysis:

A full analysis, which also takes into consideration your free response answers and selection combinations, is available for a fee. Click here to learn more about the full analysis.

Try Again:

Click here if you would like to retake the test.

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Email : stella.campbell82@outlook.com
Type MQ here : MQ
Option for Intent - How do you intend to answer during this session? : CURRENT thoughts and feelings
State / Country : Hampshire

Your Answers

Points earned: 0 out of 0

- Q1) Everyone has ups and downs, but how would you rank your general happiness in life right now on a scale of 1 to 10, with 10 being the happiest?
- A. 0-2
 - B. 3-4
 - C. 5-6 (Your Answer)(Incorrect)
 - D. 7-8

E. 9-10

Points earned: 0 out of 0

Q2) How does your current general happiness compare to five years ago?

- A. Significantly better (Your Answer)(Correct)
- B. A little better
- C. About the same
- D. A little worse
- E. Significantly worse

Points earned: 0 out of 0

Q3) In general, how would you rank the condition of your primary relationships on a scale of 1 to 10, with 10 being the most joyful and fulfilling?

- A. 0-2
- B. 3-4 (Your Answer)(Incorrect)
- C. 5-6
- D. 7-8
- E. 9-10

Points earned: 0 out of 0

Q4) In general, how does the health of your primary relationships compare to the health of your primary relationships five years ago?

- A. Significantly better
- B. A little better
- C. About the same (Your Answer)(Incorrect)
- D. A little worse
- E. Significantly worse

Points earned: 1 out of 4

Q5) When it comes to my goals or desires, I see myself as someone who is capable of accomplishing them.

- A. Never

- B. Rarely (Your Answer)(Incorrect)
- C. Sometimes
- D. Often
- E. Always

Points earned: 2 out of 4

Q6) I am confident that the people in my life hear me and understand me.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 2 out of 4

Q7) I feel I have everything I need to accomplish my vision and goals.

- A. Strongly disagree
- B. Disagree
- C. Slightly disagree
- D. Slightly agree (Your Answer)(Incorrect)
- E. Agree
- F. Strongly agree

Points earned: 3 out of 4

Q8) New ideas come often and easily to me.

- A. Never
- B. Rarely
- C. Sometimes
- D. Often (Your Answer)(Incorrect)
- E. Always

Points earned: 2 out of 4

- Q9) I am quick to adjust my mindset when the potential for negative outcomes arise.
- A. Never
 - B. Rarely
 - C. Sometimes (Your Answer)(Incorrect)
 - D. Often
 - E. Always

Points earned: 2 out of 4

- Q10) My vision for the world and how to make a difference for others is clearly defined.
- A. Never
 - B. Rarely
 - C. Sometimes (Your Answer)(Incorrect)
 - D. Often
 - E. Always

Points earned: 2 out of 4

- Q11) I feel my goals are delayed by unresolved issues from my past.
- A. Never
 - B. Rarely
 - C. Sometimes (Your Answer)(Incorrect)
 - D. Often
 - E. Always

Points earned: 3 out of 4

- Q12) I am easily overwhelmed by an influx of new ideas.
- A. Never
 - B. Rarely (Your Answer)(Incorrect)
 - C. Sometimes
 - D. Often
 - E. Always
 - F. I don't think I have ever experienced an influx of new ideas.

Points earned: 2 out of 4

Q13) I can be easily offended.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 2 out of 4

Q14) I consider myself a leader and I have evidence to this fact.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Essay Type

Points earned: 0 out of 0

Q15) Explain your answer to the previous question. Write "n/a" if this question does not apply to you.

Your answer

I think ahead, have had such a lot of challenges and adversity that I see things that others often do not see, insight, and experience, and I am a good communicator.

Points earned: 4 out of 4

Q16) I find it difficult to get new ideas.

- A. Never (Your Answer)(Correct)
- B. Rarely
- C. Sometimes
- D. Often
- E. Always

Points earned: 2 out of 4

Q17) I consistently work on my goals and/or my contribution to society.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 1 out of 4

Q18) I am triggered easily by stressful situations.

- A. Never
- B. Rarely
- C. Sometimes
- D. Often (Your Answer)(Incorrect)
- E. Always

Points earned: 2 out of 4

Q19) I resist changes that require me to step into the unknown.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 3 out of 4

Q20) When was the last time you did something you were supposed to do, even though you didn't want to?

- A. Today
- B. In the last week (Your Answer)(Incorrect)
- C. In the last month
- D. longer than a month ago
- E. I can't remember

Essay Type

Points earned: 0 out of 0

Q21) Explain or name the situation referenced in the previous question. Write "n/a" if you can't remember.

Your answer

got to bed early & up earlier

Points earned: 3 out of 4

Q22) When was the last time you did something that brought you joy?

- A. Today
- B. In the last week (Your Answer)(Incorrect)
- C. In the last month
- D. longer than a month ago
- E. I can't remember

Essay Type

Points earned: 0 out of 0

Q23) Explain or name the situation referenced in the previous question. Write "n/a" if you can't remember.

Your answer

did some shopping for a couple of friends, and took some toys to some kids who needed it, and did some woodwork.

Points earned: 2 out of 4

Q24) I have the freedom and time I need to accomplish my goals or desires.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 2 out of 4

Q25) I give high priority to maintaining a healthy body to complete my life's work.

- A. Never
- B. Rarely

- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always

Points earned: 1 out of 4

- Q26) I would describe myself as completely free from past event emotional trauma.
- A. Never
 - B. Rarely (Your Answer)(Incorrect)
 - C. Sometimes
 - D. Often
 - E. Always

Points earned: 2 out of 4

- Q27) I am confident that my vision and/or goals have a divine, inspired, or uplifting purpose.
- A. Never
 - B. Rarely
 - C. Sometimes (Your Answer)(Incorrect)
 - D. Often
 - E. Always

Points earned: 1 out of 4

- Q28) I spend a lot of time analyzing my problems to figure out the best solutions.
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Often (Your Answer)(Incorrect)
 - E. Always

Points earned: 2 out of 4

- Q29) I am good at organizing the many thoughts and creative downloads that come into

my mind.

- A. Never
- B. Rarely
- C. Sometimes (Your Answer)(Incorrect)
- D. Often
- E. Always
- F. This question does not apply to me.

Points earned: 2 out of 4

- Q30) How much do you trust your "gut instinct" or "inner knowing" to guide you to where you want to be?
- A. What inner knowing?
 - B. I get hunches, but I'm careful about trusting them. (Your Answer)(Incorrect)
 - C. I trust it as long as my vision is clear, my goal is aligned with my core values, and I know what it will feel like to accomplish it.
 - D. I trust it no matter what.
 - E. This question does not apply to me.

Points earned: 3 out of 4

- Q31) When did you last demonstrate trust in your "gut instinct" or "inner knowing"?
- A. Today
 - B. In the last week (Your Answer)(Incorrect)
 - C. In the last month
 - D. longer than a month ago
 - E. I can't remember.
 - F. This question does not apply to me.

Essay Type

Points earned: 0 out of 0

- Q32) Describe or name the last time you demonstrated trust in your "gut instinct" or "inner knowing". Write "n/a" if non-applicable, or if you can't remember.

Your answer

To not attend church within family, and instead chose my gut instincts to choose to phone in to fulfill Government guidelines, regardless of my parental opinion to the opposite.

Points earned: 2 out of 4

- Q33) Keep Calm. What would be your primary motivation for following this advice?
- A. To avoid sending negative energy to others.
 - B. To prevent myself from doing something I'll regret. (Your Answer)(Incorrect)
 - C. To qualify for the help I need.
 - D. To feel better.

Points earned: 3 out of 4

- Q34) When did you last demonstrate calmness in the face of a stressful moment or event?
- A. Today
 - B. In the last week (Your Answer)(Incorrect)
 - C. In the last month
 - D. Longer than a month ago
 - E. I can't remember.
 - F. This question does not apply to me.

Essay Type

Points earned: 0 out of 0

- Q35) Describe or name the experience from the previous question. Write "n/a" if non-applicable, or if you can't remember.

Your answer

When our house purchase went west and my gut said, the Lord has our future home already in His hands, so just pray harder.

Points earned: 3 out of 4

- Q36) Which of the following best describes the root reason for the way your life is right now?
- A. The economy
 - B. Experiences from my past
 - C. God's plan for me (Your Answer)(Incorrect)
 - D. My previous thoughts
 - E. My choices / actions

Points earned: 1 out of 4

- Q37) You're having a bad day where everything seems to be going wrong. What best describes your ultimate response?
- A. I get upset but deal with it the best I can. (Your Answer)(Incorrect)
 - B. I get excited.
 - C. I check out until it's over.
 - D. I think about how bad things might get if they continue downward, and look for ways to avoid the worst case scenario.
 - E. I think about what's most important.

Points earned: 2 out of 4

- Q38) When was the last time you responded in the way described in the previous question?
- A. Today
 - B. In the last week (Your Answer)(Incorrect)
 - C. In the last month
 - D. Longer than a month ago
 - E. I can't remember

Points earned: 3 out of 4

- Q39) A bill is due in three days and you don't have the money. Failure to pay may have a negative impact on you or your family. What do you do?
- A. Ask to borrow it from a friend / family member, or put it on a credit card (Your Answer)(Incorrect)
 - B. Get mad or upset
 - C. See it paid, focus on others, and trust
 - D. Manage my stress and pray
 - E. This question does not apply to me.

Points earned: 2 out of 4

- Q40) The economy takes a dive. You're not immediately affected, but if things don't turn around soon, your income may be impacted. Which of the following best describes your primary response?
- A. I am careful with my spending, and hope the economy will bounce back before I'm affected.

(Your Answer)(Correct)

- B. I see myself successful and expect / plan to find ways to make money in a down economy.
- C. I avoid the news and only allow positive input into my mind.
- D. I prepare for the worst.

Points earned: 1 out of 4

Q41) Suppose you're in a car accident. Everyone is fine, but your car is totaled, and insurance won't replace it. What would be your dominant thought?

- A. Something good will come of this.
- B. Just my luck. (Your Answer)(Incorrect)
- C. Of course they won't. Now what?
- D. I'm glad everyone is okay.

Points earned: 1 out of 4

Q42) Company is arriving in a month, and you feel embarrassed about your furniture. However, you can't afford to replace it. What do you do?

- A. I clean it up the best I can, and hide it under throws or sheets.
- B. I decide what I want instead, clean up my furniture, and give it away.
- C. I hold a yard sale to raise money so I can buy something better as soon as I can.
- D. I leave it the way it is and remind myself they're coming to see me, not my furniture. (Your Answer)(Incorrect)

Points earned: 2 out of 4

Q43) It's March 20. Your car is worn out and you need to replace it before your trip to the mountains on June 20. The car you want costs \$10,000. What would you write today about the upcoming trip?

- A. Those mountains were incredible.
- B. I won't go on the trip if my car is worn out.
- C. I wouldn't write anything.
- D. If my bonus comes through, I'll replace my car and go on the trip. (Your Answer)(Incorrect)
- E. I'm able to purchase a beautiful, dependable SUV by June 20.

Points earned: 4 out of 4

- Q44) You need more money and you're offered a position that doubles your monthly income, but it is only guaranteed for four months. What would you do?
- A. I would accept it because good opportunities are rare, and I'll just find another job when it ends.
 - B. I would weigh the options so long that the position would be given to someone else.
 - C. I would turn it down because that would be foolish.
 - D. It depends on whether the opportunity fits the vision for where I am trying to go. (Your Answer)(Incorrect)

Points earned: 3 out of 4

- Q45) Which statement best describes how you would feel about saying, "I have all the money I need" before it's true?
- A. If I say it enough, I believe my life will improve. (Your Answer)(Incorrect)
 - B. It would be a lie.
 - C. It would be speaking the truth in advance.
 - D. There would be no reason to say that.

Points earned: 2 out of 4

- Q46) You're going to need 25% more money than your projected income next month. Where will the money come from?
- A. I have no idea.
 - B. It will come from wherever it is now.
 - C. From cutting back on other expenses (Your Answer)(Incorrect)
 - D. I'll get another job or side-hustle, or I'll work overtime.

Points earned: 1 out of 4

- Q47) I enjoy a good relationship with my biological father. Or, if he is not in my life, I enjoy thinking of him.
- A. Always
 - B. Sometimes
 - C. Depends on my mood
 - D. Depends on his mood (Your Answer)(Incorrect)
 - E. Never

Points earned: 3 out of 4

- Q48) I am happy when I see others reach their goals even when I am struggling to meet mine.
- A. Easily (Your Answer)(Incorrect)
 - B. When I consciously choose to be
 - C. This is hard for me to do
 - D. Rarely
 - E. This question does not apply to me.

Points earned: 0 out of 0

- Q49) I have close relationships with people who are over-sensitive.
- A. Rarely
 - B. Often
 - C. Sometimes (Your Answer)(Incorrect)
 - D. Never
 - E. I'm not sure

Points earned: 3 out of 4

- Q50) If you ran a business and your customer posted a public complaint about your product or service, how would you most likely respond?
- A. I would enforce the refund policy terms to protect our revenue.
 - B. I would ignore the complaint.
 - C. I would issue a refund and send them a gift of thanks.
 - D. I would politely help them understand why they are mistaken.
 - E. I would issue a refund and make sure they know I went above and beyond. (Your Answer)(Incorrect)
 - F. This question does not apply to me.

Points earned: 1 out of 4

- Q51) You're scheduled for a job or partnership interview, but feeling anxious. What do you do for your nerves?
- A. I would research the company and make sure I can speak intelligently about what they do.

- B. I would make sure my resume is as impressive as it possibly can be.
- C. I would take a deep breath and then show up authentically, so they can get to know the real me. (Your Answer)(Incorrect)
- D. I would think about how it would feel to tell my family I got the position.
- E. I do my own thing and never need to attend interviews.

Points earned: 3 out of 4

Q52) I find people easy to be around.

- A. Never
- B. Rarely
- C. Sometimes
- D. Often (Your Answer)(Incorrect)
- E. Always

Points earned: 0 out of 4

Q53) I enjoy a good relationship with my biological mother. Or, if she is not in my life, I enjoy the thought of her.

- A. Always
- B. Sometimes
- C. Depends on my mood
- D. Depends on her mood
- E. Never (Your Answer)(Incorrect)

Points earned: 3 out of 4

Q54) Others support me in accomplishing my goals.

- A. Never
- B. Rarely
- C. Sometimes
- D. Often (Your Answer)(Incorrect)
- E. Always

Points earned: 4 out of 4

- Q55) You walk into a meeting and everyone stops talking to look at you. What is your dominant thought?
- A. What did I do, am I late?
 - B. They've obviously been talking about me.
 - C. Interesting. I have some questions... (Your Answer)(Incorrect)
 - D. I like a challenge. I'll find some new clients here.

Points earned: 3 out of 4

- Q56) You are struggling to balance relationships and work. Your significant relationships accuse you of never spending time with them. What do you do?
- A. I apologize, put the work away, and spend time with them.
 - B. I apologize and explain why I need to keep working for now. (Your Answer)(Incorrect)
 - C. I explain why the work is important and enlist their help in accomplishing it.
 - D. I promise things will be different when the work is done.
 - E. Balancing relationships and work has never been a struggle for me.

Points earned: 3 out of 4

- Q57) A problem arises and you know how to solve it, but it's someone else's responsibility and he or she doesn't want your help. Letting it go means you may experience discomfort or pain. Which statement best describes your response?
- A. I solve it anyway to avoid pain.
 - B. If it's going to be done right, I need to do it myself.
 - C. I let the other person solve it, even if he or she might fail.
 - D. I try to help the other person know how to solve it, even if he or she doesn't want my input. (Your Answer)(Incorrect)

Points earned: 4 out of 4

- Q58) "Put good out, and good will return to you." Which of the following statements best reflects your primary belief about this statement?
- A. It happens, but I would be careful to not rely on it.
 - B. If I do something good for someone, they will be nice to me in return.
 - C. If I do something good for someone, good things will come to me from somewhere else. (Your Answer)(Incorrect)
 - D. If I do something good for someone, I'll be rewarded in heaven.
 - E. It's not a true statement.

Points earned: 4 out of 4

- Q59) You want your spouse, significant other, or family member to change. How would you use goal achievement principles to accomplish it?
- A. I imagine the possibility and hold a space for it, but I don't expect him/her to change. (Your Answer)(Correct)
 - B. I see it done, affirm it, feel the victory now, and expect it.
 - C. I don't set goals for other people.
 - D. I'm not sure what goal achievement principles would apply to this.
 - E. I put a personal development audio in his/her car so that it plays when the car starts.

Points earned: 3 out of 4

- Q60) You watch a movie about someone beating the odds. Which answer best describes how you think or feel?
- A. Anyone could achieve goals like that if they demonstrate super-human strength, tenacity, or sacrifice.
 - B. I don't see myself ever attempting goals like that.
 - C. I wouldn't have the resources or support to accomplish a goal like that.
 - D. I expect to achieve goals like that by applying success principles. (Your Answer)(Incorrect)
 - E. I can relate to the person on the screen.

Points earned: 1 out of 4

- Q61) If you write your goals down, your primary reason for doing so is:
- A. To get clarity and to set an intention
 - B. So I don't forget what I want to achieve
 - C. Because that's what successful people do
 - D. I don't typically write my goals down. (Your Answer)(Incorrect)
 - E. I'm not sure.

Points earned: 3 out of 4

- Q62) When did you last write down a goal?
- A. Today

- B. In the last week
- C. In the last month (Your Answer)(Incorrect)
- D. longer than a month ago
- E. I can't remember.
- F. This question does not apply to me.

Essay Type

Points earned: 0 out of 0

Q63) Describe or name the goal from the previous question. Write "n/a" if non-applicable, or if you can't remember.

Your answer

Daily jobs!

Points earned: 3 out of 4

Q64) Suppose you wanted to build a successful business selling widgets. Whose advice would you trust most?

- A. The expert who built a successful business selling widgets (Your Answer)(Correct)
- B. The top professor in the college of business at my local University
- C. My ecclesiastical leader who is also a financial advisor
- D. My gut instinct as long as my vision is clear and I know how it will feel to succeed
- E. I would not build a business to sell anything.

Points earned: 1 out of 4

Q65) You've decided to accomplish a goal by a certain date. What do you do next?

- A. I tell my friend about the goal so I can be held accountable. (Your Answer)(Correct)
- B. I write it down as if it's already accomplished.
- C. I imagine how it will feel when it is accomplished.
- D. I find an image to represent the goal and put it on my wall.
- E. I'm not sure where to start, so I will wait until I am.

Points earned: 0 out of 0

Q66) When did you last demonstrate the behavior from your answer to the previous question?

- A. Today

- B. In the last week
- C. In the last month (Your Answer)(Incorrect)
- D. Longer than a month ago
- E. I can't remember.

Points earned: 2 out of 4

Q67) If your goal requires other people's assistance or resources, what do you do?

- A. I get another job or side-hustle so I can afford the help or obtain the resources I need. (Your Answer)(Correct)
- B. I charm those who have the talents or resources I need so they want to help me.
- C. I expect to find people who need me as much as I need them.
- D. I do it without help, or I don't do it at all.

Points earned: 2 out of 4

Q68) You have a goal to achieve something you've dreamed of for a very long time. How do you approach it?

- A. I write it down or put an image on the wall and review it every day, sometimes multiple times a day.
- B. I make a list of all the things that need to happen between here and there, and make a plan for carrying them out. (Your Answer)(Incorrect)
- C. I think about it often, imagine how it will feel to experience it, and do something every day to bring me closer to its accomplishment.
- D. I don't have a goal like that.
- E. I'm still looking for a goal like that.

Points earned: 4 out of 4

Q69) Choose which response best describes the most important factor to consider before selecting a goal:

- A. Is it for my highest good? (Your Answer)(Correct)
- B. Has anyone else ever achieved this?
- C. How will it happen?
- D. Can I see myself achieving it?

Points earned: 1 out of 4

Q70) Which statement most closely reflects your general experience with (or beliefs about) goal achievement?

- A. I am more of a "doer" than a goal setter. (Your Answer)(Incorrect)
- B. Goal achievement works best if the goal is aligned with God's will.
- C. I have used success principles to achieve goals that I regret achieving.
- D. I believe I can achieve any goal if I can see it, feel it, and stick to it.

Points earned: 2 out of 4

Q71) You set a goal that is beyond your natural control. Which is the most important factor in its successful accomplishment? In other words, which one of the following qualities does the most to make up for lack in the others?

- A. Work ethic
- B. Emotion
- C. Trust
- D. Vision (Your Answer)(Incorrect)

Unanswered

Points earned: 0 out of 4

Q72) You need a genius, inspired idea to solve a difficult problem. How do you find it? (If you use more than one of the following methods, choose the approach you rely on most often.)

- A. I ask someone I trust and respect, and implement their advice.
- B. I imagine how it will feel when it is solved, and do the next thing that comes to mind.
- C. I think intently about the problem, pray for help solving it, and get to work.
- D. I start with a careful and thorough internet search, and select the approach with the highest level of social proof.

Points earned: 3 out of 4

Q73) You're interested in working on a meaningful project that may take months or years to finish, but you lack the knowledge or resources you need to see it through. How do you approach it, or what is your dominant thought?

- A. I'll get started and figure it out as I go. I'll find what I need along the way, or at the end of all I can do.
- B. I won't start unless I already have the necessary knowledge and resources.
- C. No matter what I do, I seem to always run out of resources.
- D. I'll give it my best shot because I can usually find knowledge and resources if I try hard enough.

(Your Answer)(Incorrect)

Points earned: 4 out of 4

- Q74) You have a goal but the nagging thought, "What if it doesn't work?" won't go away. How do you handle it?
- A. I decide what I'll do if it doesn't work and then get back to pursuing it. (Your Answer)(Correct)
 - B. I put the goal on hold until plan B is well thought-out and in place.
 - C. I write about how it will feel to achieve the goal, or repeat my affirmation aloud until the nagging thought goes away.
 - D. I find someone who has achieved the goal and talk to them about my concerns.

Points earned: 0 out of 0

- Q75) When was the last time you responded in the way described in your answer to the previous question?
- A. Today
 - B. In the last week
 - C. In the last month (Your Answer)(Incorrect)
 - D. Longer than a month ago
 - E. I can't remember.
 - F. This question does not apply to me.

Points earned: 2 out of 4

- Q76) You attempt to use positive thinking to improve your finances, relationships, or health, but things get worse instead of better. What do you think about that?
- A. I should think positive more consistently or intensely.
 - B. Positive thinking does not have a dependable effect on outcomes.
 - C. Something about this setback will help me achieve the goal.
 - D. I need to set a different goal. (Your Answer)(Incorrect)

Points earned: 2 out of 4

- Q77) You have a goal that seems impossible. How do you expect to achieve it?
- A. I expect to go as far as I can and see how far I get. (Your Answer)(Correct)

- B. I expect to go the full distance and beyond if necessary, because I know it will happen eventually.
- C. I expect to go halfway because what I want meets me in the middle.
- D. I don't set the goal if it seems impossible.

Points earned: 2 out of 4

Q78) You want to get rid of negative, unwanted thoughts. How do you do it?

- A. I journal my negative feelings and conclude each entry with optimism.
- B. I talk about my negative feelings with a friend or therapist. (Your Answer)(Incorrect)
- C. Depends on how you define negative thoughts.
- D. I flood my mind with positive things, to drown out the negative.
- E. I don't have negative, unwanted thoughts.

Points earned: 0 out of 0

Q79) When was the last time you handled unwanted thoughts in the way described in your answer to the previous question?

- A. Today
- B. In the last week (Your Answer)(Incorrect)
- C. In the last month
- D. longer than a month ago
- E. I can't remember.
- F. This question does not apply to me.

Points earned: 4 out of 4

Q80) You've been moving forward toward your goal consistently for months. But then you have a setback, and for a week you live in stress, fear, discouragement, and doubt. Once you've pulled yourself together again, what do you think?

- A. I can always start over.
- B. Well, I blew it.
- C. I believe that all I need is still lining up for me. (Your Answer)(Incorrect)
- D. I brace myself in case it doesn't happen.
- E. This never happens to me.

Points earned: 3 out of 4

Q81) When you fail to achieve a goal, your primary thought is:

- A. It wasn't meant to be.
- B. Well, that didn't work.
- C. I'll keep at it anyway. (Your Answer)(Incorrect)
- D. I'm grateful it didn't happen yet.
- E. This question does not apply to me.

Points earned: 0 out of 0

Q82) When was the last time you responded to a failed goal in the way described in your answer to the previous question?

- A. Today (Your Answer)(Correct)
- B. In the last week
- C. In the last month
- D. longer than a month ago
- E. I can't remember.
- F. This question does not apply to me.

Points earned: 2 out of 4

Q83) Suppose you want to get out of debt. How do you think about it?

- A. I avoid thinking about debt because it doesn't help solve the problem.
- B. I get excited every time I make a payment that reduces the balance. (Your Answer)(Incorrect)
- C. I think about the fun things I'll do when the debt is gone.
- D. I imagine what it will be like to announce I am debt-free.
- E. This question does not apply to me.

Points earned: 1 out of 4

Q84) Suppose you're facing an unexpected setback on your way to a goal. What is your dominant thought?

- A. I pretend like there is no setback.
- B. I think about how things could be worse.
- C. I think about how I wish things could be instead. (Your Answer)(Incorrect)
- D. I envision my goal achieved to keep my thoughts on track.
- E. I don't have goals.

Points earned: 3 out of 4

Q85) Suppose you have a desire that currently seems impossible. What is your dominant thought?

- A. If I work hard enough and never give up, I'll find a way. (Your Answer)(Correct)
- B. That'd be nice, but I'm not going to hold my breath.
- C. If the right people and opportunities come along, I might accomplish it.
- D. I imagine I've already achieved it, and believe that things are lining up for me.
- E. I don't have a desire that seems impossible.

Points earned: 3 out of 4

Q86) I can easily admit my mistakes and strive to make things right when needed.

- A. Always
- B. Most of the time (Your Answer)(Incorrect)
- C. Sometimes
- D. Rarely
- E. Never
- F. I think so - at least I try to.

Points earned: 3 out of 4

Q87) I engage in a regular spiritual or intellectual practice which helps me cope with stress or hardships.

- A. Regularly
- B. Sometimes (Your Answer)(Incorrect)
- C. Rarely
- D. Never
- E. I'm not sure.

Points earned: 0 out of 0

Q88) Which statement best describes your thoughts or feelings about money management?

- A. I am good at managing my money.
- B. I use wise principles to prepare for the future.

- C. I sometimes struggle to make ends meet. (Your Answer)(Incorrect)
- D. Somehow I always seem to have what I need.
- E. I've come a long way and I am excited about the future.
- F. None of the above.

Points earned: 1 out of 4

Q89) Which answer best describes your thoughts or feelings about competition?

- A. Competition keeps me sharp.
- B. Competition keeps systems in check.
- C. The more I create, the less competition there is.
- D. I avoid competition because of the negative feelings it sometimes generates. (Your Answer)(Incorrect)
- E. This question does not apply to me.

Points earned: 1 out of 4

Q90) Which statement best describes your thoughts or feelings about time management?

- A. If I work diligently and stay focused, I can accomplish everything I need to do.
- B. It can be difficult to accomplish all of my tasks in time. (Your Answer)(Incorrect)
- C. The more I remain calm, the more time I seem to have.
- D. Structuring my time is the only way I stay on top of everything.
- E. This question does not apply to me.

Points earned: 4 out of 4

Q91) Which of the following statements best describes your thoughts or feelings about change?

- A. Change is best achieved when planned for well in advance and carried out methodically.
- B. Permanent change is achieved most effectively when a point of view changes first. (Your Answer)(Incorrect)
- C. People can affect significant changes if they set their mind to it and develop new habits.
- D. The biggest changes happen when life's experiences initiate them.
- E. This question does not apply to me.

Essay Type

Points earned: 0 out of 0

Q92) If you would like to explain any of your answers above, you may use this space to do so. Please include the question number associated with each explanation. Otherwise type "No".

Your answer

Q 91, could be option no 3 also, depending on your trust, but sometimes its more effective if I am moved beyond a boundary thinking condition before practicing, as I am more convinced and it adds power to a practise! :)