



Journey To Real Vision

ARE YOU STRESSED OUT QUIZ

Use this quiz to determine how patient you are. Using the scale below, rate the frequency of the gratitude statements:

3 = Yes

2=Sometimes

1=No

- I have been told that I am impatient
- I continuously feel overwhelmed with my job duties
- I spend minimal time taking care of myself
- I have high blood pressure
- I am taking an anti-depressant medication
- I am more sad than happy with my life
- I tend to isolate myself from others
- I have been known to lose my temper frequently
- I sometimes cry for no reason
- I feel that life is a struggle

SCORE:

21-30 You are leading a very stressful life right now. You could benefit from coaching.

11-20 You are experiencing some stress in your life and are managing it at the moment. Keep working at being more positive and remember to utilize your journal.

1-10 You are doing a great job of managing stress in your life! In fact, you tend to experience little to no stress and are leading a very happy and productive life. Good for you!