



Journey To Real Vision

NEGATIVITY QUIZ

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

3 = Yes

2=Sometimes

1=No

- I have been told that I am negative by friends, family, and co-workers
- I tend to think the worst in most situations
- I feel more anger than love towards others
- I currently feel that I have no direction in my life
- I struggle to find the positive in my life experiences
- I am abusing drugs and/or alcohol
- I get frustrated with others easily
- I rarely laugh or smile
- I spend time alone and avoid being around people
- I have no desire to do anything fun and creative

SCORE:

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

11-20 You are experiencing some negativity in your life and are trying to cope 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 negativity in your life! In fact, you tend to experience little to no negativity and are leading a very happy life. You are inspiring!