



# Journey To Real Vision

## PATIENCE 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 do not get upset when someone is late for a meeting
- I do not get upset when I have to stand in line for a long period of time
- I do not get upset when someone tries to finish my sentences for me
- I do not get upset when I am placed on hold for more than 20 minutes
- I do not feel frustrated when someone disappoints me
- I easily work through problems in my life
- I easily forgive others
- I rarely lose my patience with someone being rude
- I find the positive in situations where I may have to wait hours for something
- I do not feel the need to be in a hurry to get something completed

### **SCORE:**

**21-30** You are a very patient person. You are leading a life of calmness and bliss! Go back and re-read these statements and ensure you are answering them honestly. There are no wrong answers – this is for you to self-discover.

**11-20** You can still work on being more patient in most areas of your life. Keep working at it and remember to utilize your journal.

**1-10** You are not being very patient and are most likely feeling overwhelmed and stressed. You could benefit from coaching.

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