



Journey To Real Vision

POSITIVE MINDSET QUIZ

Use this quiz to determine the current state of your mindset. Using the scale below, rate the response that best represents your relationship with the statements:

3 = Frequently

2=Sometimes

1=Rarely

- During the day, I take time to be present in the given moment
- I show myself kindness when I do not meet expectations I've set for myself
- I recognize my thoughts are not fact and do not believe everything I think
- I forgive myself when I make mistakes
- I communicate my needs to others in beneficial ways
- I let myself feel my emotions without suppressing them
- I take time to ask myself where my negative thoughts stem from
- I believe I can change
- I nurture my Mind-Body-Soul connection
- I engage in positive self-talk when I feel discouraged

SCORE:

21-30 You have a very positive mindset and are doing a great job!

11-20 You tend to allow negativity to enter into your mind. You are working at it and need to keep up the good work by doing more courses.

1-10 You tend to have a negative mindset. You could benefit from coaching.