



# Journey To Real Vision

## POSITIVITY QUIZ

Use this quiz to see what areas of your life you are positive in. This will also show you what areas in your life you may be struggling with being positive. Using the scale below, rate the frequency of positive thinking for these different areas of your life:

**3 = Frequently**

**2=Sometimes**

**1=Rarely**

- I feel good about my romantic relationship
- I have strong friendships that I am happy with
- I am satisfied with my career
- I make time to be more creative in my life
- I feel I am on the right path in my life
- I feel good about my financial situation
- I rarely have any negative thoughts or emotions
- I do not feel much stress in my life
- I feel good about my body
- I believe I am smart and competent

### SCORE:

**21-30** You are very positive in life and are doing a great job!

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

**1-10** You tend to think more on the negative side of things. You could benefit from coaching.