Discover your Mindset, Growth or Fixed

How do you measure up? Please read through each question, identify your initial response and select the appropriate spot on the scale. Please be honest there is no judgement and only growth potential.

**General Mindset**

Research links the growth mindset with many benefits, including greater comfort with taking personal risks and striving for more stretching goals; higher motivation; enhanced brain development across wider ranges of tasks; lower stress, anxiety and depression; better work relationships; and higher performance levels.

Please select the closest level of agreement to each statement.

(1) Strongly disagree; (2) Disagree; (3) Neither agree nor disagree; (4) Agree; (5) Strongly agree.

1. I invest time in myself to be alone with my thoughts?.
2. I feel secure in my ability to be positive even around negative people?.
3. I am confident when I am faced with difficult conversations.
4. I am confident to try new things even if I have no previous experience.
5. I have people in my life that support me.
6. I can remove my ego easily and learn new things about myself.

General Score :

**Health & Wellness**

Take action towards your health and wellness success.﻿

A health and wellness mindset is the collective choices we make that encompass all aspects of life from nutrition, relationships, work, sleep, exercise, spirituality, and more.

1. The actions I take are the result of your health and wellness success.
2. I have unlimited energy and drive to create new opportunities for myself.
3. I ask questions rather than just settle for what I have been told is good for me.
4. I am responsible for the choices I make and understand how they contribute to being a healthy person.
5. I am in tune with my body so I can address the cause of any ailments (BEFORE it turns into a dis-ease).
6. I have the ability to preserver when activities are difficult and even painful.

Score

**Finances & Wealth**

Build and protect your financial foundation. A finance and wealth growth mindset is more important than the amount of money you earn or even what you own. It is about protecting your financial foundation and resisting instant gratification and consumer temptations.

1. I invest what I believe is enough time into my finances and wealth planning for the future.
2. If today was the last day of my life, I have enough money to do all the things I'd want to do?
3. I have the financial freedom to change my day and not feel like I am living the same day over and over?
4. A lack of financial resources does NOT stop me from achieving my goals?.
5. When I spend my money I always ask myself if I am making a good investment.
6. The decisions I make are based on free will and are not subject to my finances.

Score:

**Career & Business**

A Career and Business mindset prevents us from getting bogged down with daily tasks and enables us to focus and develop the necessary skills and tools to be highly effective in our chosen profession.

1. I believe life is a life journey and I am not willing to settle.
2. I believe I can find happiness and fulfilment in my career and business life.
3. I clearly communicate my expectations and can power through obstacles to gain results without offending others.
4. I learn from my mistakes and accept them as future opportunities to perform better.
5. I get up every day and look forward to what is on my calendar.
6. I believe planning to become the person I want to be is more important than the person I am today.

Score

**Personal Development**

A Personal Growth Mindset validates our belief that we have the courage and ability to nurture our growth and reach our full potential. Individuals who believe in what they are capable of and apply good habits will achieve greater value rewards with less effort.

1. I allow my inner voice to question my ability but do not allow it to prevent me from taking action.
2. I believe meaningful relationships form once we understand and accept differences.
3. I invest in myself to be successful by implementing ways to hold myself accountable.
4. I share what I have learned with others regularly.
5. I do not allow my need for perfection to control my creativity.
6. I live my life like no one is watching.

Score

The Total Score :