



PERCEPTUAL LENS ASSESSMENT

Instructions



Perceptual Lens Assessment Overview:

You will receive an online assessment via email. In that e-mail, find and click on the link to the assessment, and enter the username and password provided to you in the email.

The assessment has 70 statements that you will respond to using a Likert scale ranging from strongly agree to strongly disagree.

It should only take you 20-25 minutes to complete.

Please do the complete assessment in one sitting, otherwise you may need to begin from scratch if it times out.

Perceptual Lens Assessment Instructions: (Please READ BEFORE taking the assessment.)

- **BE HONEST.** No one will see your assessment results but you.
- Don't be afraid to **STRONGLY** agree/disagree, if that represents how you really feel.
- Please respond to the statements based on actual actions or beliefs that you embody on a day-to-day basis rather than beliefs based on your ideal self; who you would like to be or what you would like to believe about yourself.
- Please read the below scenarios using the statement, *“There is more than enough to go around in the world. There is complete abundance.”* as an example:
 1. The only way that you could accurately mark 'Strongly agree' is if you feel abundance unconditionally on a day-to day basis, you never worry about money or resources, don't coupon cut or spend a lot of time hunting for bargains, etc.
 2. Refrain from basing your answer on whether it is a “feel good” statement akin to an “Oprah-esque” statement. You might be tempted to say yes, and assess that you strongly agree, when your actual actions and beliefs don't support it! If you are someone that worries about money, your retirement account, etc., then you don't actually embody the above statement, so don't indicate you strongly agree.
 3. Refrain from answering from a “what if?” perspective. Again, it should be what you embody in day-to-day life. You might start to go on a diatribe in your head about abundance, for example you might think, “if we redistributed the wealth - there would be enough money to go around and if everyone in the world went vegan - then there would be enough food to go around - then there would be enough for everyone!,” Remember to stay in the present - think about your beliefs about the statement, currently.

Please note that your answers are confidential and will not be shared with anyone before, during or after the training.

