

# FAST (Fear Appreciation Spectrum Test)

Directions: Look at each word in the list below and circle the number -3 to +3 above each word that best describes your impressions of that word.

*Fear* ←-----→ *Appreciation*

1.)      -3      -2      -1      0      1      2      3  
                 Challenges

2.)      -3      -2      -1      0      1      2      3  
                 Leadership

3.)      -3      -2      -1      0      1      2      3  
                 Competition

4.)      -3      -2      -1      0      1      2      3  
                 Innovation/Change

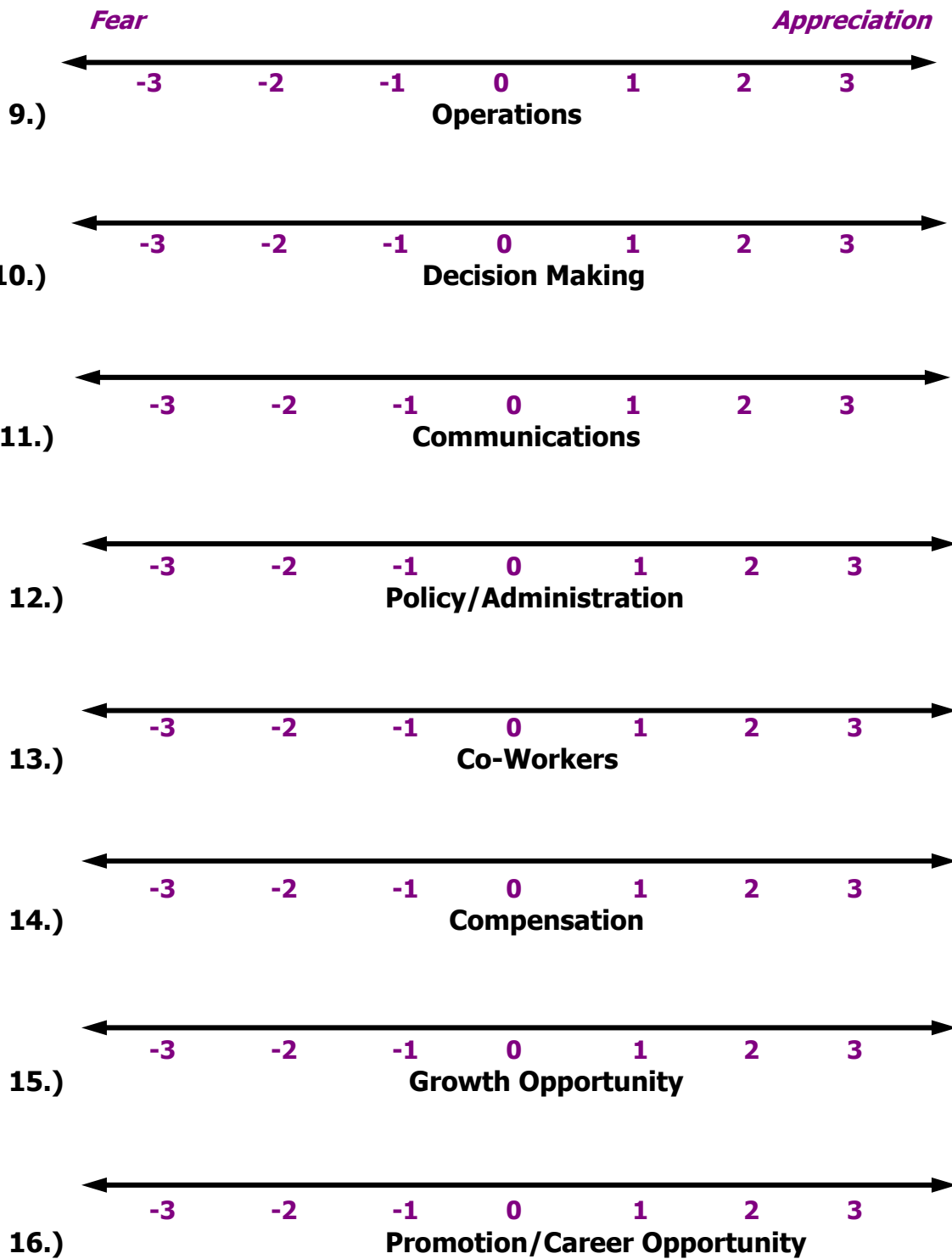
5.)      -3      -2      -1      0      1      2      3  
                 Cooperation

6.)      -3      -2      -1      0      1      2      3  
                 Clients/Customers

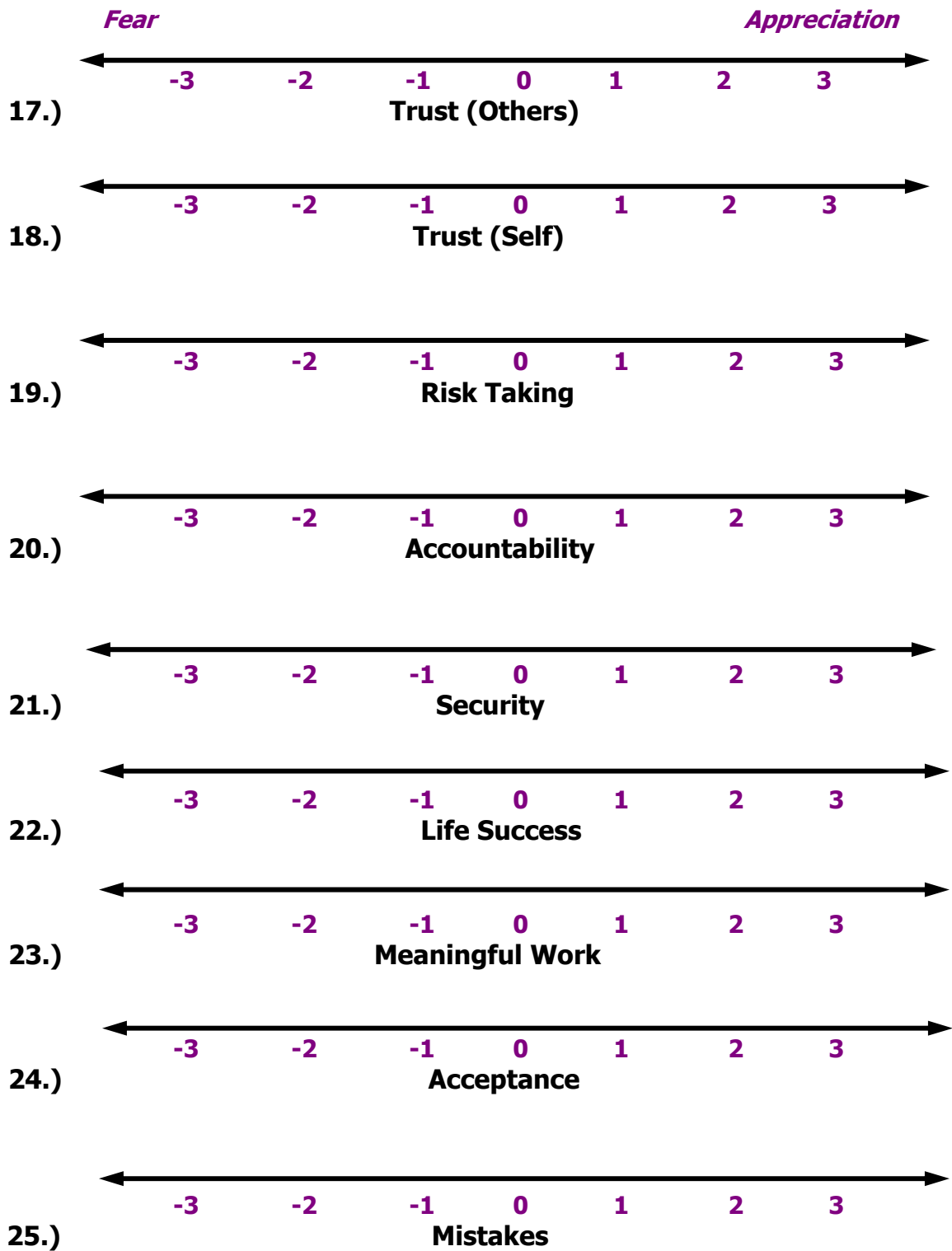
7.)      -3      -2      -1      0      1      2      3  
                 Management/Infrastructure

8.)      -3      -2      -1      0      1      2      3  
                 Governance

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How effective do you believe you currently are in applying an Abundance mentality using the statements above?



**-25 to 0: Need to Take Action**

**0 to 25: Need to be Aware**