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## *Personal Views Survey III-R<sup>®</sup>*

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### *Personal Views Survey III-R Demographic Information*

Name or ID Number (If an ID#, it must be at least the combination of 5 consecutive letters and numbers):

\_\_\_\_\_

Address (optional) : \_\_\_\_\_

\_\_\_\_\_

Telephone Number (optional): (     ) \_\_\_\_\_ - \_\_\_\_\_

Please answer the following 18 questions to the best of your ability, and as honestly as possible. This is important for report accuracy. There are no right or wrong answers. You begin by responding to the **demographic categories** that appear below. If you have been asked to take this survey as part of a personnel selection procedure, an employment requirement, or a research study, you may have been assigned a **code letter** that identifies you as part of a special demographic group. If so, please enter the code letter in the appropriate demographic space and if this does not apply to you, leave the special code field blank.

When you complete this page, you are ready to take the Personal Views Survey III-R and on your way to enhancing your performance, leadership, and health. Please answer each question by circling the number that best describes your current life attitudes and situation.

Demographic Questions : Circle or fill in the response that applies to you. If you do not see the word optional, you must respond to the question or we cannot score your test.

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*Gender:* Male or Female

*Age* (fill in your specific age): \_\_\_\_\_

*Education:* Less than high school; high school; bachelor degree; trade school; associates degree; Ph.D., M.D., DDS., RN., Other \_\_\_\_\_.

*Culture and Race:* Caucasian; African-American; Hispanic or Latino; Asian-American; Native-American; Middle-Eastern; Other \_\_\_\_\_.

*Occupation:* Clerical; Administration; Skilled labor or trade; Teacher; Executive; Manager; Sales; Marketing; Homemaker; Architect; Military; Firefighter; Law Enforcement;

Other \_\_\_\_\_.

*Living status:* Single; Married; Divorced; Living with significant other

*The Number of Times that You Have Taken This Test:* First; Second; Third; Fourth; Fifth; Greater than Five.

*Religion* (optional): \_\_\_\_\_.

*Special Code Letter* (if relevant): \_\_\_\_\_.

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**Personal Views SurveyIII-R**

TO USE THIS SURVEY, YOU NEED PERMISSION BY THE HARDINESS INSTITUTE (Hardiness1@aol.com)

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	NOT TRUE	A LITTLE TRUE	MOSTLY TRUE	TRUE
In general.....				
1. By working hard, you can always achieve your goal.	0	1	2	3
2. I don't like to make changes in my everyday schedule.	0	1	2	3
3. I really look forward to my work.	0	1	2	3
4. I am not equipped to handle the unexpected problems of life.	0	1	2	3
5. Most of what happens in life is just meant to be.	0	1	2	3
6. When I make plans, I'm certain I can make them work.	0	1	2	3
7. No matter how hard I try, my efforts usually accomplish little.	0	1	2	3
8. I like a lot of variety in my work.	0	1	2	3
9. Most of the time, people listen carefully to what I have to say.	0	1	2	3
10. Thinking of yourself as a free person just leads to frustration.	0	1	2	3
11. Trying your best at what you do usually pays off in the end.	0	1	2	3
12. My mistakes are usually very difficult to correct.	0	1	2	3
13. It bothers me when my daily routine gets interrupted.	0	1	2	3
14. I often wake up eager to take up life wherever it left off.	0	1	2	3
15. Lots of times, I really don't know my own mind.	0	1	2	3
16. Changes in routine provoke me to learn.	0	1	2	3
17. Most days, life is really interesting and exciting for me.	0	1	2	3
18. Its hard to imagine anyone getting excited about working.	0	1	2	3