

P.S. 192 QUESTIONNAIRE

**BRAIN
POWER**



"INFINITE POTENTIAL: IGNITE
YOUR FUTURE, SHAPE YOUR
DESTINY!"



Questionnaire: Exploring Your Infinite Potential

Welcome to the 'Exploring Your Infinite Potential' questionnaire.
This brief self- assessment will help you reflect on your beliefs and attitudes toward personal growth, resilience, and the limitless possibilities within you.

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1 Questionnaire: Exploring Your Infinite Potential

Instructions:

For each statement, rate your agreement on a scale from 1 to 5, where 1 is "Strongly Disagree" and 5 is "Strongly Agree."

1. I believe that my abilities can grow and develop over time.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

2. When facing a challenging task, I see it as an opportunity to learn and improve.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

3. I am willing to put in the effort to overcome obstacles and achieve my goals.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

4. I view failures as valuable learning experiences rather than as signs of inadequacy.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

5. I believe that with determination and hard work, I can continually improve my skills.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

2 Rubric for Interpretation:

- 15-20 points: You have a strong belief in your infinite potential. You embrace challenges, view failures as opportunities, and are committed to continuous growth.
- 10-14 points: You have a moderately positive belief in your infinite potential. You see room for growth but may need to work on embracing challenges and learning from setbacks.
- 5-9 points: Your belief in infinite potential is somewhat limited. Consider exploring strategies to shift your mindset towards growth and resilience.
- 1-4 points: You may have a fixed mindset, believing that your abilities are largely static. It's essential to work on developing a more growth-oriented perspective.

Remember that this questionnaire provides a starting point for self-reflection, and it's never too late to cultivate a stronger belief in your infinite potential. Embracing challenges, learning from failures, and seeking continuous improvement can lead to remarkable personal growth.