

THE SUCCESS TEST

ANSWER EACH QUESTION BY SELECTION OF A NUMBER FROM 1-5. 1 ON THE SCALE IS NEVER, 2 IS RARELY TRUE, 3 IS NEUTRAL, 4 IS MOSTLY TRUE AND 5 IS ALWAYS (OR ALMOST ALWAYS) TRUE.

REMEMBER: THIS WILL ONLY WORK IF YOU ARE HONEST IN YOUR ANSWERS.

THE TEST

1. I DO THE MINIMUM POSSIBLE TO “GET BY”, WHEN WORKING ON A PROJECT.
2. I COMPLETE PROJECTS QUICKLY AND MOVE ON.
3. I SPEND MORE TIME GETTING READY TO WORK THAN ACTUALLY WORKING.
4. I AM FULLY ENGAGED IN ALL IMPORTANT ACTIVITIES AND RELATIONSHIPS.
5. I TEND TO DELAY DECISIONS BECAUSE OF UNCERTAINTY AND FEAR.
6. I TALK ABOUT MY PLANS AND IDEAS WITHOUT ACTUALLY STARTING ANYTHING.
7. I AM INITIALLY EXCITED ABOUT NEW PROJECTS AND GOALS BUT QUICKLY LOSE INTEREST.

8. I AM EASILY BORED AND OFTEN CHANGE DIRECTION.
9. I USUALLY QUIT IF A PROJECT OR GOAL BECOMES DIFFICULT OR UNPLEASANT.
10. I OFTEN QUIT WHEN ON THE THRESHOLD OF COMPLETING A PROJECT.
11. I ENJOY BEING “STRETCHED” AND CHOOSE TO DO THINGS THAT CHALLENGE ME.
12. I OFTEN FIND MYSELF “STUCK” IN SITUATIONS I DON’T LIKE OR DON’T WANT.
13. I SECRETLY FEEL LIKE A FRAUD OR AN IMPOSTER.
14. I FEEL I AM DISAPPOINTING PEOPLE.
15. RISK EXCITES AND ENERGIZES ME.
16. I GLADLY TAKE FULL RESPONSIBILITY FOR MY LIFE.
17. I AM ALWAYS AFRAID THAT TIME WILL RUN OUT BEFORE I ACCOMPLISH MY GOALS.
18. I WILLINGLY MASTER WHATEVER SKILLS I NEEDS TO REACH MY GOALS.
19. I HAVE A SPECIFIC, WRITTEN PLAN TO REACH MY GOALS.
20. MY LACK OF ORGANIZATION MAKES IT HARD TO MANAGE MY LIFE.

21. I DO A GOOD JOB SCHEDULING MY TIME EFFECTIVELY.
22. I KEEP APPOINTMENTS AND FULFILL PROMISES ON TIME.
23. I AM THOROUGH AND MANAGE DETAILS WELL.
24. I AM EASILY DISCOURAGED.
25. I BELIEVE I AM RESPONSIBLE FOR MY HAPPINESS AND SUCCESS.
26. I BELIEVE MY FAILURES ARE NOT MY FAULT.
27. I AVOID OPPORTUNITIES THAT ARE COMPLICATED AND DIFFICULT.
28. I ALWAYS HAVE "ESCAPE ROUTES" PLANNED WHEN I MAKE A COMMITMENT IF I CHANGE MY MIND.
29. I DELAY AND AVOID DECISION MAKING.
30. I AM COMPLETELY HONEST WITH MYSELF AND HAVE GOOD SELF-AWARENESS.
31. I EASILY FIND EXCUSES WHEN MY I DO NOT ACHIEVE MY GOALS.
32. I AVOID COMMITMENT.
33. I DO NOT WANT TO LIVE AN "ORDINARY" LIFE.
34. I AM OFTEN FILLED WITH FEAR AND ANXIETY.

35. I FREQUENTLY CHANGE MY PLANS AND GOALS.
36. I WORK CONSISTENTLY TOWARD A GOAL AND DO NOT STOP UNTIL IT IS FINISHED.
37. I LOSE INTEREST IF A GOAL TAKES LONGER THAN I ANTICIPATED.
38. I AM ADAPTABLE AND FLEXIBLE.
39. I HAVE HIGH ENERGY.
40. I DO NOT ALLOW MY EMOTIONS TO CONTROL MY PLANS. I CAN SUCCEED EVEN WHEN I "DON NOT FEEL LIKE IT".
41. I HAVE A LIFE-PURPOSE THAT GUIDES ME.
42. I NEVER SACRIFICE FRIENDS OR FAMILY TO GET WHAT I WANT.
43. I PAY MY FINANCIAL DEBTS AND MANAGE MY MONEY WELL.
44. I AM A "GIVER".
45. I HAVE AN ATTITUDE OF GRATITUDE.