

## Mindset - Self Assessment

Your mindset is how you see yourself in the world and everything around you. It is how you see your relationship to and interaction with everyone and everything in this life. In other words, it is basically your life philosophy.

The mindset you have is critically important to the results you will get in all areas of your life. Let's see what kind of a mindset you currently have, shall we?

**Check all of the following that you see as TRUE and leave the rest blank;**

Fate is predetermined

The quality of my life is not entirely in my own control

I need permission to do the things I want to do from someone other than myself

Life is unfair

Life is what ever I make it good bad or otherwise

I can choose my own course of action as I see fit and work to accomplish my own self determined goals

My education is holding me back

No employer is willing to pay me what I am worth since I am over qualified they keep telling me

If I can get my masters or Ph.D. then I can be successful finally

I am generally a happy person NOW

Most people think I have a positive attitude

I think I have a positive attitude

Life sucks most of the time because of bad luck

Someday things will get better

I just need someone to finally believe in me and give me my big break, then I can make it

My intelligence level is what I was born with and I cannot change it

Only smart people get ahead in business and in life and I just don't have what it takes

I can accomplish damn near anything I set my mind toward doing

If I study learn and work at it I can improve my life myself

Tomorrow looks bright

I often feel anxious and afraid – just stressed out

Life is great and getting better by the day!

**So how did you do? Do you have more negative answers indicating your life is controlled by others more than yourself?**

Or do your answers indicate that you have an optimistic and positive outlook and mindset and that you know you are the author of your own life and destiny?

Here is the deal – you will believe what ever you choose to believe. The truth though is that YOU are responsible for your own life and YOU do have the power, the right and the ability to change it if you really want to do so. If you do want to make your life better start with intentionally developing a better mindset and always be working to continuously maintain and improve it from now on.

**Want help doing that? Join our membership or schedule a personal coaching session with me or one of our team member coaches today. Your first session is FREE so you have everything to gain and Nothing to lose.**

**You can do that from our Additional Resources page.**