

Mindset Self-Assessment

	1 Completely Untrue	2 Somewhat Untrue	3 Somewhat True	4 Very True	5 Completely True	Score
1.						<input type="text"/>
2.						<input type="text"/>
3.						<input type="text"/>
4.						<input type="text"/>
5.						<input type="text"/>
6.						<input type="text"/>
7.						<input type="text"/>
8.						<input type="text"/>
9.						<input type="text"/>
10.						<input type="text"/>
11.						<input type="text"/>
12.						<input type="text"/>
13.						<input type="text"/>
14.						<input type="text"/>
15.						<input type="text"/>
16.						<input type="text"/>
17.						<input type="text"/>
18.						<input type="text"/>
19.						<input type="text"/>
20.						<input type="text"/>

(continued)

Mindset Self-Assessment, cont.

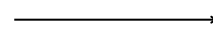
	1 Completely Untrue	2 Somewhat Untrue	3 Somewhat True	4 Very True	5 Completely True	Score
21. I make the most out of every opportunity presented - negative or positive.						<input type="text"/>
22. I am open to new information that doesn't fit my point of view.						<input type="text"/>
23. I don't judge ideas as being good or bad, or right or wrong.						<input type="text"/>
24. I believe there is a real purpose to life.						<input type="text"/>
25. I believe I can create any life for myself that I choose.						<input type="text"/>
26. Regardless of what happens to me, I feel a permanent sense of contentment within.						<input type="text"/>
27. I experience synergy while working with others and am highly motivated by them.						<input type="text"/>
28. I use creativity and intuition to make things happen						<input type="text"/>
29. I am living a very powerful and purposeful life.						<input type="text"/>
30. My mood and sense of well-being remain consistent regardless of circumstances.						<input type="text"/>
31. I am filled with a sense of love and gratitude for the people and things in my life.						<input type="text"/>
32. I am a creator and a visionary.						<input type="text"/>
33. People who know me describe me as passionate about what I do.						<input type="text"/>
34. I am fearless.						<input type="text"/>
35. I am non-judgmental.						<input type="text"/>

Mindset Self-Assessment: Scoring

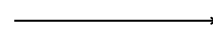
Mindset is measured through the concept of "energy levels." Energy is like wearing colored lenses. If you wear blue colored lenses, the world looks blue. If you wear pink lenses, the world looks pink. Similarly, your energy level changes how you see the world. This is the essence of mindset.

We can understand energy (mindset) by breaking it down into seven levels. Energy levels should not be considered a diagnosis of mental health. They are simply a way for you to self-reflect on your mindset and make decisions about how you want to engage with the world around you.

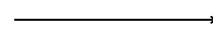
My score for **LEVEL 1**. Add your scores for **questions 1 - 5**



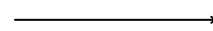
My score for **LEVEL 2**. Add your scores for **questions 6 - 10**



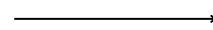
My score for **LEVEL 3**. Add your scores for **questions 11 - 15**



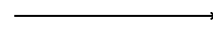
My score for **LEVEL 4**. Add your scores for **questions 16 - 20**



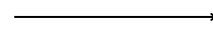
My score for **LEVEL 5**. Add your scores for **questions 21 - 25**



My score for **LEVEL 6**. Add your scores for **questions 26 - 30**



My score for **LEVEL 7**. Add your scores for **questions 31 - 35**



Refer to the chart on the next page for insight on each of the seven levels of energy.

Mark your score for each energy level below. As you review your marks for each energy level, consider the advantages and disadvantages of that level. Avoid labeling energy as "good" or "bad." Instead, ask yourself, "How is this energy level helping me or not helping me right now?" This can then be the beginning of choosing the energy that helps you engage with others more effectively.

Energy Level	Advantage	Disadvantage	My score
Level 1 Victim	This energy level may help to protect yourself from harm and receive needed attention or aid from others.	This energy level may cause you to feel little engagement in tasks, hang on to grievance or resentment, and have great difficulty in creating change or improving circumstances.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 2 Conflict	This energy level may enable you to accomplish a lot by yourself and provide short-term motivation to others. It may also help you to navigate politics.	This energy level may cause you to oversimplify nuanced situations, seek blame, and harden your stance. It may also cause you to alienate others and drive compliance instead of commitment.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 3 Responsibility	This energy level may enable your ability to avoid or block the destructive energy of others as you focus on releasing destructive emotions or habits in order to move on. It may also help you to constructively engage others in getting what you need.	Although this energy level provides a transition into constructive energy, it is also prone to rationalizing, self-deception and manipulation of others in the name of moving forward. For example, people with a lot of level 3 energy may self-identify as level 4 or 5 in order to "hide" destructive energy (even from themselves).	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 4 Concern	This energy level may help you to not take things personally and to truly care for the well-being of others.	This energy level may cause you to get caught up in other people's drama. You may also be prone to pleasing others in order to be liked.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 5 Opportunity	This energy level may open you to seeing possibilities and opportunities in otherwise challenging situations. You are unlikely to take things personally at this energy level.	This energy level may cause you to experience analysis paralysis brought on by a wide field of possibility. The optimism you may experience at this level could lead to taking too much risk.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 6 Visionary	This energy level may supercharge your ability to empathize with others and connect to them without judgment. You are most likely to access and use your intuition to form effective strategies at this energy level.	This energy level may cause you to be less grounded in reality and be out of touch with others. You may appear aloof.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high
Level 7 Non-judgment	This energy level may unlock your ability to connect to your highest level of non-judgment and experience absolute joy.	This energy level may cause others to see you as disconnected and detached from reality.	<input type="checkbox"/> 5-9 Low <input type="checkbox"/> 10-15 Moderate <input type="checkbox"/> 16-21 High <input type="checkbox"/> 22-25 Very high

Energy/Mindset

Our energy is **how we experience life**. It is determined by our thoughts, feelings, and actions.



Energy Level

	Typical Thoughts	Typical Feelings	Typical Actions
7 Non-judgment	Winning & losing are illusions	Fearless Absolute joy	Completely objective Accept unconditionally
6 Visionary	All that happens has value	Deep connection Humility	Role model for others Highly creative
5 Opportunity	No problems, only opportunities	Confident Curious	Communicate openly Seek win/win solutions
4 Concern	I care about others I want to help	Compassion Gratitude Trust	Give to others Teach others Playful
3 Responsibility	I forgive you I see the good in this	Relief Peace of mind	Set difference aside Use coping mechanisms
2 Conflict	I win, you lose I know better than you	Resentment Blame Greed	Armor up Expect privilege Control
1 Victim	I have no choice I'm not valued	Self-doubt Powerless Fear	Take things personally Don't speak up

Insights on my energy level/mindset:

*"Thoughts become things.
Choose the good ones." -
Mike Dooley*