

HOW PROACTIVE ARE YOU?

1. Do you think that you are Proactive or Reactive?
 - a. Proactive
 - b. Reactive
 - c. I'm not sure

2. When you receive a project, when do you start working on it?
 - a. A few days before it's due
 - b. As soon as you have done all your research
 - c. Within the next few days

3. When your manager lectures you about something you did wrong, what is your reaction?
 - a. Take his/her advice and change the way you act
 - b. Role your eyes, but listen anyway because you have to
 - c. Turn up the volume on your mental iPod

4. When a peer tells you that you did good on a project, what do you do?
 - a. Work harder so you can do good again
 - b. Show off
 - c. None of the above

5. When you go to the mall and see your friend steal, what do you do?
 - a. Convince them to take it back
 - b. Tell on them
 - c. Join in and steal stuff with them

6. If you see an old lady crossing the street, carrying groceries, what do you do?
 - a. Offer to help her across
 - b. Continue your path
 - c. Pause and see if she asks you for help

7. What do you say most often?
 - a. I can do better than I did before
 - b. There has to be a way to solve this problem
 - c. I won't let this ruin my day

8. If you have a new neighbour, what do you do?
 - a. Go and make them feel welcome
 - b. Just ignore them
 - c. say hello when you see them

9. What is the most important thing I do consciously at least once a week or daily after work?
 - a. Spend some quality time with family
 - b. Watch TV or surf my social media
 - c. Read a book or play a sport

10. Do you make timely objectives (daily, weekly, monthly etc)?
 - a. Yes
 - b. No
 - c. Sometimes

11. Have you met any objective (this week, month, today)?
 - a. 70-100% of objectives met
 - b. 40-70% of objectives met
 - c. 0-40% of objectives met

12. When you see someone you want to know, do you approach them?
 - a. Most of the time I do
 - b. Sometimes
 - c. Rarely

13. If you encounter a problem what do you do?

- a. Try to fix the problem
- b. Complain about it or mention it and leave it at that
- c. Just accept it

14. Have you snapped at someone in the last 24 hours?

- a. Yes
- b. No
- c. Maybe, I don't remember

15. How many times did you catch yourself telling some of the reactive language (I can't, I have to , you ruined my day etc)?

- a. 0
- b. 1
- c. 2 or more

** Option (a) is more proactive than the other options for every question*