

MINDSET ASSESSMENT

DISCOVER WHERE YOU STAND!

Before you begin The Mindset Makeover, it's important to understand where you currently stand in your mindset journey. The way you think shapes every aspect of your life—from the goals you set to the challenges you face, and even the way you handle success and failure. This Mindset Mastery Assessment is designed to give you a baseline measurement of your current mindset across 14 key areas. By taking this quiz now, you'll gain insight into your strengths, as well as the mindsets that may be holding you back.

At the end of the course, you'll have the opportunity to retake this assessment to measure your growth and transformation. Be honest with yourself—this is about self-awareness, not judgment. Let's dive in and discover where you are today so we can build the foundation for where you want to be! 🚀

INSTRUCTIONS

For each statement, rate how strongly you agree or disagree. At the end, total your score in each mindset category to identify your strengths and areas for growth.

GROWTH VS. FIXED MINDSET

QUESTIONS

1) I believe that abilities and intelligence can be developed with effort and learning.

2) I avoid challenges if I think I might fail.

3) I see setbacks as opportunities to learn rather than proof of my limitations.

4) If something doesn't come naturally to me, I usually don't pursue it.

5) Hard work and persistence are more important than talent.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Growth Mindset** – You believe in continuous improvement, embrace challenges, and see failures as opportunities to grow. Keep developing your mindset!
- 15–19 points: **Growth Mindset with Some Fixed Ideas** – You generally embrace growth but may hold onto some limiting beliefs. Identify areas where you can shift your thinking.
- 10–14 points: **Fixed Mindset with Some Growth Tendencies** – You may struggle with self-doubt, fear of failure, or avoidance of challenges. Start focusing on small mindset shifts to build resilience.
- 5–9 points: **Strong Fixed Mindset** – You tend to believe that abilities and intelligence are mostly fixed, which can hold you back from reaching your potential. The good news? Mindset can change! Start by challenging limiting beliefs and embracing growth opportunities.

ABUNDANCE VS. SCARCITY MINDSET

QUESTIONS

1) There is enough success, opportunity, and resources for everyone.

2) If someone else succeeds, it means there is less opportunity for me.

3) I approach challenges with the belief that I can always find a solution.

4) I often feel like good things are hard to come by.

5) I focus on gratitude and what I have rather than what I lack.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

✓ Total up your scores for this mindset category.

- 20–25 points: **Strong Abundance Mindset** – You see the world as full of possibilities, believe in collaboration, and trust that success is unlimited. Keep focusing on gratitude and opportunity!
- 15–19 points: **Developing Abundance Mindset** – You recognize the value of abundance thinking but may still struggle with occasional scarcity-based fears. Work on reinforcing your belief in limitless opportunities.
- 10–14 points: **Scarcity Mindset with Some Abundance Tendencies** – You may feel that resources and opportunities are limited. Start by practicing gratitude and shifting your focus from what's lacking to what's possible.
- 5–9 points: **Strong Scarcity Mindset** – You may see the world as full of limits, leading to fear, competition, or hoarding of opportunities. The good news? You can rewire this by embracing a mindset of gratitude and trust in long-term growth.

POSITIVE VS. NEGATIVE MINDSET

QUESTIONS

1) I naturally look for opportunities, even in difficult situations.

2) When things go wrong, I tend to dwell on the worst-case scenario.

3) I believe my thoughts influence my reality, so I try to stay positive.

4) I often feel like no matter what I do, things won't improve.

5) I intentionally practice gratitude, affirmations, or other positive habits.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Positive Mindset** – You consistently look for opportunities, embrace gratitude, and choose optimism even in tough times. Keep reinforcing these habits!
- 15–19 points: **Mostly Positive Mindset** – You have a generally positive outlook but sometimes slip into negativity. Focus on maintaining perspective and practicing daily positivity habits.
- 10–14 points: **Mixed Mindset** – You may fluctuate between optimism and pessimism. Work on shifting your perspective through intentional gratitude and re-framing setbacks.
- 5–9 points: **Strong Negative Mindset** – You may struggle with pessimistic thoughts that hold you back. Start by recognizing negative patterns and gradually replacing them with constructive self-talk.

COURAGEOUS VS. FEARFUL MINDSET

QUESTIONS

1) I take action even when I feel uncertain or afraid.

2) Fear of failure often prevents me from trying new things.

3) I see challenges as opportunities to grow stronger.

4) I often let discomfort stop me from pursuing my goals.

5) I trust that even if things don't go as planned, I'll learn something valuable.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Courageous Mindset** – You take bold action, embrace challenges, and see fear as a stepping stone to growth. Keep pushing yourself forward!
- 15–19 points: **Developing Courageous Mindset** – You are working toward overcoming fear but may hesitate in certain situations. Keep practicing small acts of courage daily.
- 10–14 points: **Fearful Mindset with Some Courageous Tendencies** – Fear still plays a significant role in your decision-making. Start with small challenges and build confidence in your ability to face uncertainty.
- 5–9 points: **Strong Fearful Mindset** – You may avoid risks and let fear dictate your actions. The good news? Fear can be transformed into confidence through gradual exposure and mindset shifts.

EMPOWERED VS. VICTIM MINDSET

QUESTIONS

1) I believe I have control over my choices and outcomes.

2) I often feel like life happens *to* me rather than *for* me.

3) I take responsibility for my actions and decisions.

4) I blame circumstances or other people when things go wrong.

5) Even when I face challenges, I look for ways to take charge of my situation.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

✓ Total up your scores for this mindset category.

- 20–25 points: **Strong Empowered Mindset** – You take full responsibility for your life, recognize your ability to create change, and refuse to see yourself as a victim. Keep using your power to shape your future!
- 15–19 points: **Developing Empowered Mindset** – You generally believe in taking control of your life but may still feel powerless in certain situations. Focus on shifting your perspective to reclaim your personal power.
- 10–14 points: **Victim Mindset with Some Empowered Tendencies** – You may find yourself blaming outside factors for challenges. Begin working on shifting your focus to what you can control.
- 5–9 points: **Strong Victim Mindset** – You often feel that life is happening to you rather than because of you. The good news? You can reframe your experiences, take responsibility, and start creating positive change today.

TRUSTING VS. DISTRUSTING MINDSET

QUESTIONS

1) I generally trust people unless they give me a reason not to.

2) I assume people have hidden agendas and are looking out for themselves.

3) I believe building strong relationships requires trust.

4) I find it difficult to rely on others.

5) Trusting others makes me feel stronger, not weaker.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Trusting Mindset** – You believe in the power of trust, foster strong relationships, and assume the best in people unless proven otherwise. Keep nurturing trust in your connections!
- 15–19 points: **Developing Trusting Mindset** – You generally trust others but may have moments of skepticism. Focus on strengthening your ability to trust while maintaining healthy boundaries.
- 10–14 points: **Distrusting Mindset with Some Trusting Tendencies** – You may struggle with trust and find yourself questioning others' intentions. Begin by identifying where this distrust stems from and practice small acts of trust.
- 5–9 points: **Strong Distrusting Mindset** – You often feel skeptical of people's intentions and find it difficult to rely on others. The good news? Building trust starts with small steps—learning to open up and giving others the chance to prove themselves can be life-changing.

RESILIENT VS. FRAGILE MINDSET

QUESTIONS

1) When life knocks me down, I get back up.

2) When faced with hardship, I often feel like giving up.

3) I believe that struggles make me stronger.

4) I have difficulty bouncing back from setbacks.

5) I adapt and keep moving forward, no matter what happens.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✔ Total up your scores for this mindset category.
- 20–25 points: **Strong Resilient Mindset** – You recover quickly from setbacks, see challenges as growth opportunities, and adapt to difficulties with strength. Keep building on your resilience!
- 15–19 points: **Developing Resilient Mindset** – You are working toward resilience but may still struggle with setbacks. Focus on strengthening your ability to bounce back by reframing challenges as learning experiences.
- 10–14 points: **Fragile Mindset with Some Resilient Tendencies** – You may find it difficult to handle adversity but show some signs of resilience. Start developing habits that reinforce emotional strength and perseverance.
- 5–9 points: **Strong Fragile Mindset** – You may feel overwhelmed by setbacks and struggle to recover from challenges. The good news? Resilience can be built over time. Start by shifting your perspective on difficulties and practicing small steps to overcome adversity.

MINDFUL VS. DISTRACTED MINDSET

QUESTIONS

1) I am intentional about being present in the moment.

2) I often feel like I'm on autopilot and not fully engaged.

3) I practice mindfulness, meditation, or reflection regularly.

4) My mind constantly jumps from one thing to another.

5) I take time to slow down and focus on what truly matters.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✔ Total up your scores for this mindset category.
- 20–25 points: **Strong Mindful Mindset** – You are present, intentional, and cultivate awareness in your daily life. You prioritize mindfulness and remain focused on what matters most.
- 15–19 points: **Developing Mindful Mindset** – You practice mindfulness but may struggle with distractions or staying present. Work on strengthening your focus through consistent mindfulness exercises.
- 10–14 points: **Distracted Mindset with Some Mindful Tendencies** – You may find yourself frequently distracted or disengaged but recognize the value of mindfulness. Start incorporating small mindfulness practices into your daily routine.
- 5–9 points: **Strong Distracted Mindset** – You often feel scattered, overwhelmed, or disconnected from the present moment. The good news? Practicing mindfulness can help ground you and bring greater clarity and balance into your life.

ACCEPTING VS. EXPECTING MINDSET

QUESTIONS

1) I accept life as it is, rather than always wishing it were different.

2) I often get frustrated when things don't go my way.

3) I believe that peace comes from accepting what I can't control.

4) I feel like people or situations *should* be a certain way.

5) I focus on making the best of situations rather than resisting them.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Accepting Mindset** – You have a deep sense of peace, adaptability, and resilience. You focus on making the most of life's situations rather than resisting them.
- 15–19 points: **Developing Accepting Mindset** – You generally practice acceptance but may still struggle when things don't go your way. Work on letting go of rigid expectations and embracing adaptability.
- 10–14 points: **Expecting Mindset with Some Accepting Tendencies** – You may experience frequent frustration when things don't unfold as expected. Start practicing gratitude and adjusting expectations to build acceptance.
- 5–9 points: **Strong Expecting Mindset** – You may find yourself resisting reality and frequently feeling upset when life doesn't meet your expectations. The good news? Shifting your mindset toward acceptance can greatly improve your peace and well-being.

PURPOSE-DRIVEN VS. AIMLESS MINDSET

QUESTIONS

1) I have a clear sense of purpose and direction in life.

2) I often feel like I'm drifting without a clear goal.

3) I make decisions based on my core values and long-term vision.

4) I struggle to find meaning in what I do.

5) I know what motivates me and drives me forward.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

✓ Total up your scores for this mindset category.

- 20–25 points: **Strong Purpose-Driven Mindset** – You have a clear sense of purpose and direction, guiding your decisions and actions. Keep aligning your life with your mission!
- 15–19 points: **Developing Purpose-Driven Mindset** – You have a sense of purpose but may still feel uncertain at times. Work on refining your goals and aligning your actions with your values.
- 10–14 points: **Aimless Mindset with Some Purpose-Driven Tendencies** – You may struggle with direction but have moments of clarity. Start by identifying what truly matters to you and setting meaningful goals.
- 5–9 points: **Strong Aimless Mindset** – You may feel lost or unsure of your purpose in life. The good news? Purpose is something you can develop by exploring your passions, values, and personal growth opportunities.

COLLABORATIVE VS. COMPETITIVE MINDSET

QUESTIONS

1) I believe in the power of teamwork and shared success.

2) I always feel the need to outperform others to feel successful.

3) I enjoy collaborating with others and learning from them.

4) I am often jealous when other people succeed.

5) I build relationships based on trust and mutual growth.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Collaborative Mindset** – You thrive on teamwork, value cooperation, and see success as something that grows when shared. Keep nurturing collaboration!
- 15–19 points: **Developing Collaborative Mindset** – You appreciate collaboration but may still feel a need to compete at times. Work on shifting from competition to cooperation.
- 10–14 points: **Competitive Mindset with Some Collaborative Tendencies** – You may often compare yourself to others and see success as limited. Start fostering a mindset of mutual growth and teamwork.
- 5–9 points: **Strong Competitive Mindset** – You may struggle to trust or collaborate with others, seeing success as a zero-sum game. The good news? Shifting to a collaborative mindset can lead to stronger relationships and greater achievements for everyone.

BALANCED VS. ALL-OR-NOTHING MINDSET

QUESTIONS

1) I strive for balance rather than extremes in my life.

2) I tend to be either all-in or completely disengaged.

3) I set boundaries to protect my well-being.

4) If I can't do something perfectly, I feel like I've failed.

5) I believe in long-term progress rather than short-term perfection.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

✓ Total up your scores for this mindset category.

- 20–25 points: **Strong Balanced Mindset** – You understand the importance of moderation, consistency, and maintaining harmony in your life. Keep refining your ability to balance priorities!
- 15–19 points: **Developing Balanced Mindset** – You generally value balance but may struggle with extremes at times. Focus on building sustainable habits and avoiding burnout.
- 10–14 points: **All-or-Nothing Mindset with Some Balanced Tendencies** – You may often operate in extremes, feeling like you must be perfect or not try at all. Work on finding middle ground and appreciating progress over perfection.
- 5–9 points: **Strong All-or-Nothing Mindset** – You may frequently feel like you have to go all in or give up entirely, leading to inconsistency and frustration. The good news? Balance is a skill you can develop by setting small, realistic goals and allowing yourself flexibility.

HOLISTIC VS. SILOED MINDSET

QUESTIONS

1) I see how different areas of my life (health, career, relationships) are connected.

2) I tend to focus on one area of life and ignore others.

3) I strive to integrate physical, mental, emotional, spiritual, and financial well-being

4) I struggle to see the big picture when dealing with challenges.

5) A well-rounded life is key to lasting happiness and success.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

- ✓ Total up your scores for this mindset category.
- 20–25 points: **Strong Holistic Mindset** – You recognize the interconnectedness of different life areas and strive for harmony across them. Keep integrating your well-being into a unified approach!
- 15–19 points: **Developing Holistic Mindset** – You see some connections between life areas but may still compartmentalize certain aspects. Work on deepening your awareness of how different areas influence each other.
- 10–14 points: **Siloed Mindset with Some Holistic Tendencies** – You may focus on one aspect of life at the expense of others. Start exploring ways to integrate well-being across multiple areas.
- 5–9 points: **Strong Siloed Mindset** – You may treat different parts of life as separate and unrelated, leading to imbalance. The good news? Developing a holistic mindset can create more fulfillment and sustainable success.

PROACTIVE VS. REACTIVE MINDSET

QUESTIONS

1) I take initiative rather than waiting for things to happen

2) I often wait until problems arise before taking action.

3) I plan ahead and create opportunities rather than just reacting to situations.

4) I tend to be more reactive than proactive in my decision-making.

5) I believe that taking responsibility for my future starts with my choices today.

RATING SCALE:

Strongly Disagree Disagree Neutral Agree Strongly Agree

1	2	3	4	5
5	4	3	2	1
1	2	3	4	5
5	4	3	2	1
1	2	3	4	5

SCORING & INTERPRETATION

✓ Total up your scores for this mindset category.

- 20–25 points: **Strong Proactive Mindset** – You take initiative, plan ahead, and focus on solutions rather than reacting to problems. Keep leading with intention and purpose!
- 15–19 points: **Developing Proactive Mindset** – You make efforts to be proactive but may sometimes find yourself reacting to circumstances. Work on strengthening your ability to anticipate challenges and take preemptive action.
- 10–14 points: **Reactive Mindset with Some Proactive Tendencies** – You may often feel like you're responding to situations rather than shaping them. Start by developing habits that encourage forward-thinking and planning.
- 5–9 points: **Strong Reactive Mindset** – You frequently find yourself reacting to problems rather than proactively addressing them. The good news? By shifting your focus to what you can control and taking small steps toward preparation, you can develop a more proactive approach.