

Success Instinct Questionnaire

Name _____

Date _____

Put an "X" in the appropriate column after each statement:

	Freq.-4	Occas.-2	Rarely-0
1. I prepare myself adequately for every task.	_____	_____	_____
2. I find ways to view my circumstances positively.	_____	_____	_____
3. I see problems as opportunities for improvement.	_____	_____	_____
4. I am flexible and tolerant of the views of other people.	_____	_____	_____
5. I am decisive. I make decisions effectively and act with determination.	_____	_____	_____
6. I approach every task (no matter how routine) with mental alertness and creativity.	_____	_____	_____
7. My actions demonstrate that I have faith in myself, and in others.	_____	_____	_____
8. I am prepared for the worst and expect and hope for the best.	_____	_____	_____
9. I am enthusiastic and try to spread enthusiasm to others.	_____	_____	_____
10. I give tasks I commit to, my best effort.	_____	_____	_____
11. I confront my fears with personal courage.	_____	_____	_____
12. I acknowledge that my success is helped by the assistance I receive from others.	_____	_____	_____
13. I operate with honesty, integrity, and sincerity.	_____	_____	_____
14. I am loyal to those who count on me and those I commit to.	_____	_____	_____
15. I am committed to excellence in all I do and take pride in every task I am asked to perform.	_____	_____	_____
16. I give more than is expected of me.	_____	_____	_____

	Freq.-4	Occas.-2	Rarely-0
17. I learn from my mistakes and failures rather than allowing them to discourage or defeat me.	_____	_____	_____
18. I keep my body in good condition and my energy level high through regular rest, adequate (but not “too adequate”) diet, and a consistent physical exercise program.	_____	_____	_____
19. I avoid emotional fatigue that comes from worry, pettiness, and holding personal grudges.	_____	_____	_____
20. I evaluate my performance only against my potential and don’t compare my achievements to other people.	_____	_____	_____
21. I accept responsibility cheerfully.	_____	_____	_____
22. I welcome new ideas, challenges and situations.	_____	_____	_____
23. I am aware that, no matter who I am working for, I am my own boss and demand the best from myself.	_____	_____	_____
24. I concentrate on goals, rather than on activities. I don’t waste my time on “busy work”.	_____	_____	_____
25. I am a “team player”. I do my best without regard for whoever gets the credit for what the team accomplishes.	_____	_____	_____
TOTALS:	_____	_____	_____

Give yourself 4 points for every “X” in the “Frequently” column, 2 points for each “Occasionally” answer, and 0 points for each “Rarely” answer.

90 to 100 points:	You have it! The Success Instinct!
80 to 90 points:	You have some winning ways but definitely need to work on your Success Instinct.
75 to 79 points:	Your attitude is “average”.
74 points or less:	You could probably benefit greatly from committing to action steps for your success.