



## Mindset Mastery Assessment

Less True		More True		Statement
1	2	3	4	I am conscious of the limiting or empowering beliefs that I have
1	2	3	4	I intentionally create beliefs that serve me
1	2	3	4	I am aware of the repetitive thoughts that run through my mind
1	2	3	4	I don't tolerate things in my life that aren't serving me
1	2	3	4	I intentionally set and adhere to my boundaries
1	2	3	4	I am aware of my limiting beliefs and know how to change them
1	2	3	4	I am able to take action in spite of my fears and doubts
1	2	3	4	I regularly focus on developing positive, empowering thoughts
1	2	3	4	I acknowledge behaviors (emotions and mindsets) that don't serve me and I know how to change them to support me
1	2	3	4	I know and believe that if I fail that doesn't mean I'm a failure
1	2	3	4	I regularly do the things that increase my mental and physical energy
1	2	3	4	I am able to let go of worries and frustrations in order to focus on what I need to focus on
1	2	3	4	I have a supportive environment and network of friends and associates
1	2	3	4	I'm able to take consistent action on my top goals
1	2	3	4	When I get stuck I'm able to come up with alternative options and potential solutions
1	2	3	4	I am not negatively impacted by the behavior, situations, or unmet needs of those around me
1	2	3	4	I fully and completely believe that I deserve success and happiness



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Less True		More True		Statement
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	I am able to forgive and accept others and myself
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	I know and consistently live my values
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	I am aware of, and confidently able to tap into, my strengths and gifts

- 61 – 80 CONGRATULATIONS! Your mindset is supportive, positive, and moves you toward your goals. If further mastering your mindset would be beneficial, contact me for a personal consultation.
- 51 – 60 While your mindset is strong in some areas, other areas are subject to diminishing your personal power and dragging you down emotionally. Rounding out your mindset will provide you with strength and self-confidence to achieve your goals.
- 36 – 50 Your mindset is likely holding you back in several different areas of your life. By allowing yourself to be deterred by external circumstances, you are giving away significant amounts of your personal power and eroding your self esteem.
- 20 – 35 Your limited mindset and beliefs are definitely holding you back in many areas of your life. Working on these consistently will, in time, enable you to become more confident and able to act on your own needs and goals.

If you'd like to improve your score on this assessment the **Upgrade Your Mindset & Undo the Guilt Guidebook** found at [www.theguiltfreecoach.com/online-store.html](http://www.theguiltfreecoach.com/online-store.html) can help you push through mental obstacles and have the freedom to reach your goals with confidence.

**Want a partner through the process? Then the Guilt-Free R.E.S.U.L.T.S.™ Action Group may be for you. Visit [www.GuiltFreeResults.com](http://www.GuiltFreeResults.com) for details or contact me so we can discuss your unique situation and the solution that's right for you.**