

SELF-ASSESSMENT

I feel optimistic about my future (Score: 1-10).

1	2	3	4	5	6	7	8	9	10
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STRONGLY DISAGREE

STRONGLY AGREE

I consider my habits to be productive (1-10)

1	2	3	4	5	6	7	8	9	10
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STRONGLY DISAGREE

STRONGLY AGREE

I have a clear vision of what my best life would look like (1-10).

1	2	3	4	5	6	7	8	9	10
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STRONGLY DISAGREE

STRONGLY AGREE

Insecurities or second-guesses have led me to give up on goals in the past (1-10).

1	2	3	4	5	6	7	8	9	10
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STRONGLY DISAGREE

STRONGLY AGREE

I have specific goals I want to reach (1-10).

1	2	3	4	5	6	7	8	9	10
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DEFINITELY NOT

ABSOLUTELY

I have methods for dealing with stress, disappointment, and setbacks (1-10).

1	2	3	4	5	6	7	8	9	10
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STRONGLY DISAGREE

STRONGLY AGREE