



MINDSET WITH

KIM JOHNSON



Disclaimer

This mindset quiz is provided for informational purposes only. It is not intended as a diagnostic tool, and the results should not be considered a formal assessment of your mental health or well-being. The quiz is designed to offer insights and prompt self-reflection regarding various aspects of mindset.

The information provided in this quiz is not a substitute for professional advice, diagnosis, or treatment. If you have concerns about your mindset, mental health, or well-being, it is recommended that you seek guidance from a qualified mental health professional or counselor.

Participation in this quiz is voluntary, and the results should be interpreted as general information to promote personal growth and self-awareness. By taking the quiz, you acknowledge that it does not replace the expertise of a mental health professional, and you are encouraged to consult with one if needed.

Your privacy and confidentiality are important. Any personal information you provide as part of this quiz will be handled in accordance with applicable privacy laws and regulations.

By proceeding with the quiz, you agree to the terms and conditions outlined in this disclaimer.

WELCOME!

Thank you so much for stopping by and deciding to work on understanding your current, active mindset!

This mindset quiz was designed to give you an idea about what your active mindset is up to and your operating point of view.

The key to taking a quiz like this is to remember that you must be as honest as possible with yourself while answering the questions!

Please remember that you are not handing this into anybody.

The only person that will see this is you.

Therefore, it's imperative that you be honest with yourself so you can see the truth about how you score. Remember, you can't start to change if you don't know where you're starting from!

Have fun with us, be as honest as you can with yourself, and let's get those mindset stretching and growing!

Positive vs. Negative Mindset Quiz

Instructions: Respond to each statement below by choosing one of the following options:

(SA) - Strongly Agree

(A) - Agree

(N) - Neutral

(D) - Disagree

(SD) - Strongly Disagree

1. I believe that most problems can be solved if you put in enough effort.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
2. When faced with challenges, I usually expect the worst.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
3. I tend to see challenges as opportunities for growth.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
4. I often find it hard to see the silver lining in difficult situations.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
5. I believe good things come to those who stay persistent.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
6. More often than not, I feel that the world is against me.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
7. I feel grateful for what I have, even if it isn't perfect.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
8. When things go wrong, it's usually my fault.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
9. I believe in my ability to overcome setbacks.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
10. I often dwell on past mistakes and wonder what could have been.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
11. When things go well, I believe it's mostly because of my efforts.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point

12. I rarely celebrate small wins in my life.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
13. I am hopeful about the future.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
14. I often find myself complaining about things.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
15. I see failure as a stepping stone to success.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
16. Most days, I expect something to go wrong.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
17. I often remind myself of the good in every situation.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
18. I tend to focus on what I lack, rather than what I have.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
19. I feel like I have control over my destiny.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
20. I often catch myself thinking about negative "what ifs".
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
21. I usually expect the best outcome in unfamiliar situations.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
22. When I hear bad news, I always think it will affect me.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
23. I try to surround myself with positive influences and people.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
24. I believe that luck plays a bigger role in my life than my efforts.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
25. Even when things are tough, I remain hopeful.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
26. I feel envious when others succeed.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points

27. I look for lessons in negative experiences.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
28. I believe negative events are permanent and unchangeable.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
29. I start most days feeling optimistic.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
30. I think most people have better lives than me.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
31. I take time to reflect on my blessings.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
32. I blame others more often than I take responsibility.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
33. I often seek out positive affirmations and quotes.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
34. I feel stuck in a cycle of negativity.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
35. I believe today will be better than yesterday.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
36. I often replay negative events in my mind.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
37. Challenges excite me because I see them as a chance to learn.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
38. I have a habit of magnifying small issues.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
39. I actively practice positive self-talk.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
40. I expect to be disappointed by others.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
41. I believe in the saying, "Every cloud has a silver lining."
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point

- 42. I often feel like I'm not good enough.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
- 43. I focus on solutions rather than dwelling on problems.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
- 44. I fear making mistakes and avoid taking risks.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
- 45. I recognize and appreciate the small joys in life.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
- 46. When someone gives me a compliment, I tend to dismiss it.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
- 47. I often find joy in helping others.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
- 48. I believe that no matter what happens, things will always go wrong.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points
- 49. I try to find humor in tough situations.
SA = 5 points • A = 4 points • N = 3 points • D = 2 points • SD = 1 point
- 50. I feel overwhelmed by negativity in the world around me.
SA = 1 point • A = 2 points • N = 3 points • D = 4 points • SD = 5 points

YOUR RESULTS:

TOTAL POINTS

- 125-200 points: **Strongly Positive Mindset**
- 100-124 points: **Positive Mindset**
- 75-99 points: **Neutral Mindset**
- 50-74 points: **Negative Mindset**
- 25-49 points: **Strongly Negative Mindset**

So how did you score?

Did you become more aware of where your mindset is currently focused?

Now here are some important points to remember -

Mindset is not a fixed entity by any stretch of imagination!

It's a dynamic aspect of our consciousness that influences how we perceive the world, respond to challenges, and shape our everyday existence and our future.

Just as our physical bodies need regular exercise and nourishment to remain fit and healthy, our mindsets require consistent attention and cultivation to ensure they serve us optimally.

Here are some reasons why it's essential to work on our mindset constantly:

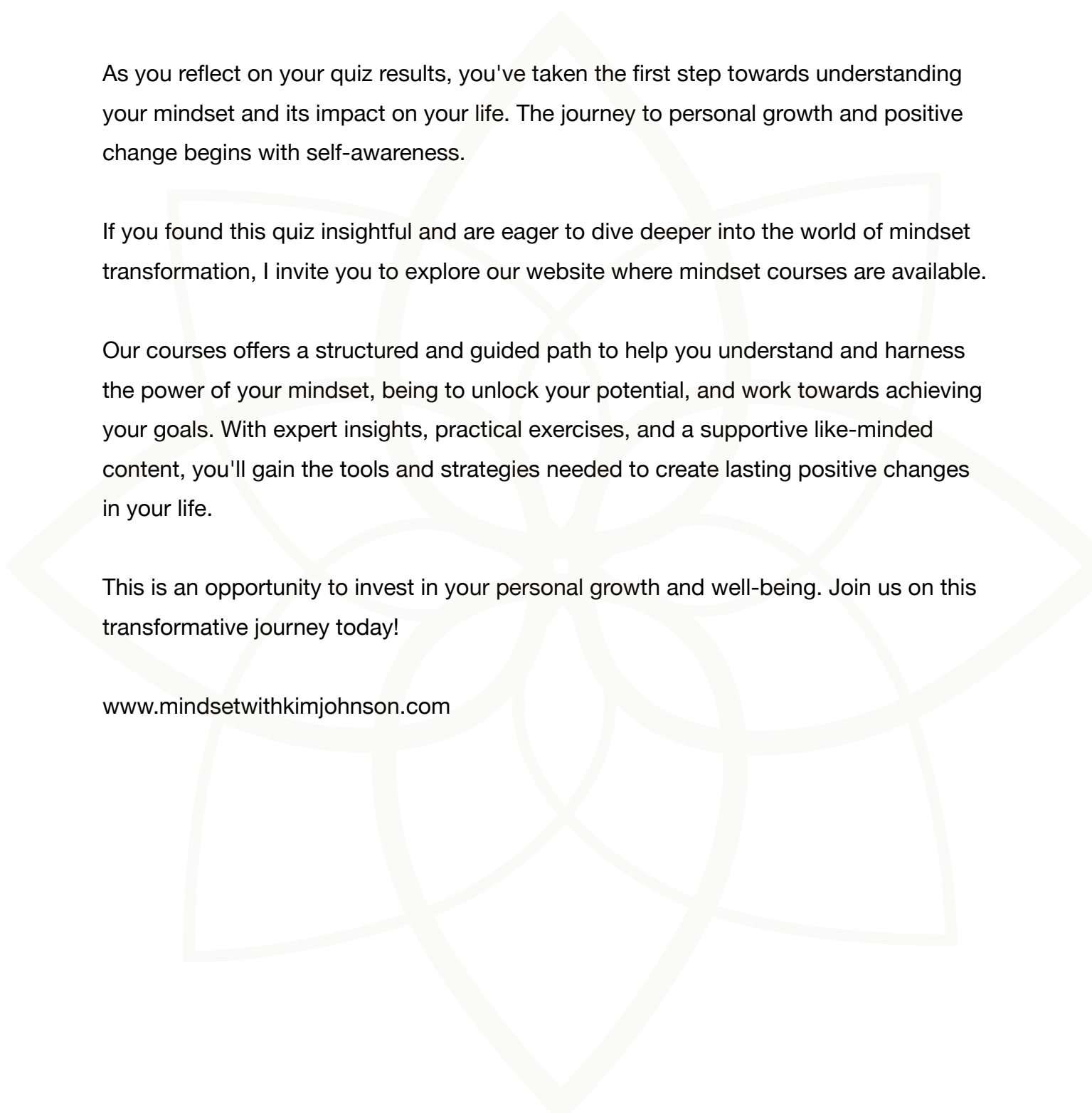
- **Changing External Environments:** We live in a rapidly evolving world, where the pace of technological advancement, societal shifts, and global events continually alters our external environment. To navigate these changes effectively and harness them to our advantage, it's crucial to maintain a flexible and adaptable mindset. Sticking to old beliefs or outdated perspectives can hinder our growth and make it difficult to cope with new challenges.
- **Personal Growth and Evolution:** As we journey through life, we accumulate experiences, knowledge, and wisdom. These shape and reshape our values, beliefs, and aspirations. Regular introspection and mindset work ensure that our internal compass remains aligned with our evolving selves, preventing feelings of stagnation or misalignment with our true desires.
- **Overcoming Limiting Beliefs:** Over time, due to various experiences and external influences, we may unconsciously adopt limiting beliefs that hold us back. These could be related to our self-worth, capabilities, or what we believe

we deserve in life. Constantly working on our mindset allows us to identify, challenge, and replace these beliefs with empowering ones, paving the way for greater achievements and contentment.

- **Emotional Resilience:** Life is filled with ups and downs. By regularly nurturing a positive and growth-oriented mindset, we can build emotional resilience. This resilience equips us to face adversities head-on, derive lessons from failures, and bounce back with renewed vision.
- **Manifesting Desires:** Although this is often an overlooked aspect to mindset, our most consistent mindset plays a pivotal role in what we attract into our lives. A mindset rooted in abundance and positivity will manifest opportunities, relationships, and experiences that align with those frequencies. In contrast, a mindset mired in negativity or scarcity will attract corresponding circumstances. While this is a tough pill to swallow, it is very, very true. Regular mindset work ensures that we remain in a state of constructive manifestation, drawing experiences that align with our highest aspirations.

In essence, the mind, much like any other tool or muscle, requires regular tuning and training to perform at its peak. The more we invest in cultivating a healthy, growth-centric mindset, the better equipped we become to lead fulfilling lives, realize our dreams, and make meaningful contributions to the world around us.

Thank you for working to understand yourself better.



As you reflect on your quiz results, you've taken the first step towards understanding your mindset and its impact on your life. The journey to personal growth and positive change begins with self-awareness.

If you found this quiz insightful and are eager to dive deeper into the world of mindset transformation, I invite you to explore our website where mindset courses are available.

Our courses offers a structured and guided path to help you understand and harness the power of your mindset, being to unlock your potential, and work towards achieving your goals. With expert insights, practical exercises, and a supportive like-minded content, you'll gain the tools and strategies needed to create lasting positive changes in your life.

This is an opportunity to invest in your personal growth and well-being. Join us on this transformative journey today!

www.mindsetwithkimjohnson.com