

Post-Read Assessment

Mindset:

1. What are your current 'default' mindsets?
2. How would you go about determining the effectiveness of your current mindset and change it, if desired?

Accountability:

3. How do you hold yourself accountable for your actions and decisions?
4. How do you take responsibility for the outcomes in your life?

Thoughts:

5. How often do you engage in positive self-talk?
6. Are you aware of any recurring negative thought patterns that impact your well-being?

Feelings:

7. How do you manage your emotions during challenging situations?
8. Are you aware of your emotional responses to stressful events in your life?

Attitudes:

9. What is your general attitude towards personal growth and self-improvement?
10. How do you maintain a positive attitude in the face of adversity?

Beliefs:

11. What beliefs shape your decisions and actions?
12. Are there any limiting beliefs that hinder your personal growth?

Choices:

13. How do you make decisions that align with your long-term goals?

14. Are you always aware of the consequences of your choices? If not, how do you become aware?

Virtues:

15. Which virtues do you prioritize in your daily life?

16. How do these virtues guide your interactions with others and when things don't go your way?

Fear:

17. What are your primary fears or anxieties that impact your personal growth?

18. How do you confront and overcome these fears in order to progress?

Emotional Intelligence and Communication:

19. What are some of your triggers? Circumstances that cause you to overreact?

20. What skills do you use to communicate effectively?