

TEST QUESTIONS FOR SELF-ANALYSIS

Do you often “feel bad”? And if so, what do you think would be the cause?

Do you criticize other people and react onto the smallest provocation?

Do you often make mistakes at work, and if yes, why?

Do you avoid somebody’s company, and if you do, why?

Do you love your profession? If not – why?

Does your self-confidence increase or decrease as the years go by?

Do you learn anything valuable from your mistakes?

Whose influence on you inspires you the most? What is the reason for that?

Do you neglect your personal appearance? If yes, in which circumstances, and why?

Do you tolerate negative and discouraging influences that you can avoid?

Do you have the main aim determined, and if yes, what is it and what is your plan to reach it?

Do you have the method for protection from the negative influences of others?

Do you use autosuggestion with purpose to make your mind more positive?

What do you value more: your material possessions or the privilege to control your own thoughts?

Do other people easily influence you against your own will?

Has this day brought you anything of value to your knowledge or the state of your mind?

Do you face the circumstances that make you unhappy in honest way or do you avoid your responsibility?

Do you analyze mistakes and failures? Are you trying to learn something from them or you think that it is not your obligation?

Can you name 3 most damaging weaknesses of yours? What do you do to fix them?

Do you select from your daily experiences, learned lessons and positive influences, those that benefit you the most?

Which habits of other people bother you the most?

Do you have your own opinion or you let the other people influence you?

Did you learn how to create the mind state from which you can protect yourself from discouraging influences?

Do you believe that it is your duty to share other people’s concerns? And if so, why?

Do you believe that the saying “every bird to its own ‘herd’” tells something about you according to the profile of people that attract you?

Would it be possible that some person that you consider a friend, is actually your biggest enemy, because of his/her negative influence on your mind-state?

According to which rules you assess who is useful to you, and who does you harm?

Are your intimate partners mentally superior or inferior in comparison to you?

How much time in every 24 hours do you dedicate to: your occupation, sleep, fun and relaxation, gaining new useful knowledge, pure leisure time?

What is your biggest concern? Why do you tolerate it?

When others offer you free, uncalled advice, do you accept it without questioning or do you analyze their motives?

What do you want most? Do you strive to get it? Are you ready to sacrifice all the other wishes to that one in particular? How much time do you dedicate yourself to achieving that daily?

Do you change your mind often? If so, why?

Do you usually finish what you started?

Does it easily influence you what other people think or say about you?

Do you care for people because of their social or material status?

How much time have you dedicated analyzing and answering these questions?

If you provided the answers on all of the questions – now you know more about yourself than majority of people. Get back to these questions once a week in the next couple of months and you'll see how many more new insights about yourself you'll gain, all though the honest answering onto these questions.