



HEADSTRONG PERSONAL ASSESSMENT

If you've read the free HeadStrong '1 mindset' report you'll now know what it takes to start living your life to get the exact results you want to get. If you've not read the report yet then it's up to you if you read it before or after you do this short assessment.

Imagine this like a barometer for your life just now and like a barometer it's not 100% accurate; it's just a check on where the pressure is and a guide to how you can make yourself happier.

Circle the comments as to how accurate they are for you RIGHT NOW and then add up your score...

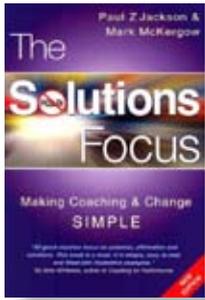
Less True.....More True

| | | | | | |
|----------------------|----------------------|----------------------|----------------------|----------------------|---|
| 1 | 2 | 3 | 4 | 5 | I've not made a 100% definite choice to live the rest of my life as fully and completely as I can |
| 1 | 2 | 3 | 4 | 5 | I need to be right |
| 1 | 2 | 3 | 4 | 5 | I have unresolved matters and issues |
| 1 | 2 | 3 | 4 | 5 | I am not clear on what is important to me in life |
| 1 | 2 | 3 | 4 | 5 | I am addicted to substances, people or behaviours |
| 1 | 2 | 3 | 4 | 5 | I am currently living a lie |
| 1 | 2 | 3 | 4 | 5 | I do not have anything better to do with my life than what I am doing now |
| 1 | 2 | 3 | 4 | 5 | I am not really engaged in the 'game of life' |
| 1 | 2 | 3 | 4 | 5 | I have financial problems or major concerns |
| 1 | 2 | 3 | 4 | 5 | I spend more time thinking about bad things in the past than good things in the future |
| 1 | 2 | 3 | 4 | 5 | I am missing key, influential and empowering relationships in my life |
| 1 | 2 | 3 | 4 | 5 | My needs are not being met |
| 1 | 2 | 3 | 4 | 5 | My life is primarily about me |
| 1 | 2 | 3 | 4 | 5 | I do not really understand how life works so well for certain other people |
| 1 | 2 | 3 | 4 | 5 | I have not experienced much in life yet |
| 1 | 2 | 3 | 4 | 5 | I am under a lot of stress |
| <input type="text"/> | TOTAL = |



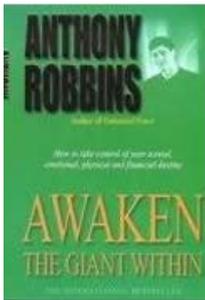
WHAT DOES IT MEAN?

HEADSTRONG PERSONAL ASSESSMENT - 16 INSIGHTS



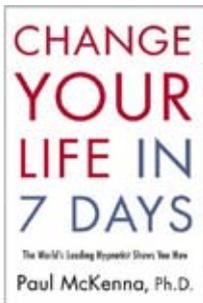
If you scored **15 - 25** then Congratulations! You are already on the right track to making a success from your life. There may be a couple of areas that require attention; have a look back through your scores and find those that scored highest in the chart; but overall I reckon your life is probably heading in just the direction you want it to.

I would recommend that (if you haven't already of course) you get yourself a copy of The Solutions Focus by Paul Z Jackson & Mark McKergow which will really focus you on getting the future you want.



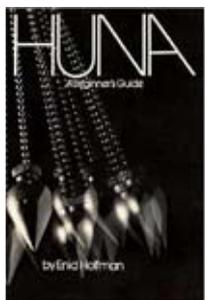
If you scored **26-40** then your journey is going well and you probably already know which areas of your life need attention. The question for you is when are you going to put the energy into giving that attention and dealing with your stuff. You already know what to do and you already know no-one's going to do it for you. If you need a nudge and some accountability then go and hire a coach. Check online or in your local phone book.

Go and get a copy of 'Awaken The Giant Within' by Anthony (Tony) Robbins. Fantastic book that I cannot recommend enough. If you want to avoid the American motivational type 'Ra-Ra' approach then this is exactly the book you need. If you've already read it...read it again!



41-60? OK, you've got a lot to learn but now is exactly the best time to learn it. Life doesn't have to be as hard as you are currently making it, you know! Think about the areas in your life that are going OK. So, what is different about them to other areas of your life that are going less OK? I can assume it's the areas of your life where you feel confident, in control and other people respect what you do. Now, use the exact same resources and skills you have in those areas to make the other areas better.

If you haven't already, download the free report from www.HeadStrongNLP.com and read it. This information will give you the solid foundation you need to make the next step. Once you've done that you have two choices. Find someone who can show you how to continue and complete your journey and/or get a copy of 'I Can Change Your Life In 7 Days' by Paul McKenna.



So, if you've not hit your score yet then that means you scored 61 or above. I want to congratulate you more than everyone else who completes this survey. You have, by far, used the most courage, honesty and ability to come up with that score and admit to yourself that you, currently, have aspects of your life that are far from easy and just by looking back over the assessment you will gain insights and knowledge into those areas of your life that need most attention.

For you I would recommend all the books above. and one very special book. 'Huna - A Beginner's Guide' by Enid Hoffman is a book which will open your eyes to some radical new ways of doing what you already do but making it work for you. I urge you whole heartedly to practice and if there are areas of your life where you are truly not happy then seek out someone who can help, If you're honest with yourself, your only other option is to stay feeling like this for ever and that's really no option at all.