



THE EXPERIENCE

TEP

PROJECT

community creativity & connection

## SELF-ANALYSIS EVALUATION

### Part 1: Getting to Know Thyself

**Welcome!** At least one day is necessary for the completion of self-analysis test and the answering of the entire list.

Do you complain often of “feeling bad,” and if so, what is the cause?

Do you find fault with other people at the slightest provocation?

Do you often make mistakes in your work, and if so, why?

Are you sarcastic and offensive in your conversation?

Do you deliberately avoid the association of anyone, and if so, why?

Do you suffer frequently with indigestion? If so, what is the cause?

Does life seem futile and the future hopeless at times to you? If so, why?

Do you like your current career? If not, why?

Do you often feel self-pity, and if so why?

Are you envious of those who are more successful or seemingly happier than you?

To which do you devote most time, thinking of SUCCESS, or of FAILURE?

Are you gaining or losing self-confidence as you grow older?

Do you learn something of value from all mistakes?

Are you permitting some relative or acquaintance to worry you? If so, why?

Are you sometimes “walking on clouds” and at other times in the depths of despondency?

Who has the most inspiring influence upon you? What is the cause?

Do you tolerate negative or discouraging influences which you can avoid?

Are you apathetic of your personal style or appearance? If so, when and why?

Have you learned how to “drown your troubles” by being too busy to be annoyed by them?

Do you let others think for you or formulate your opinions and personal beliefs, or societal accepted behavior or do you prefer to form your own conclusions and weigh and measure evidence before you act?

Do you neglect mindset or personal development work until life delivers you a unforeseen hardship , rejection or trial which threatens to ruin life as you know it? How did you handle it? (blame, complain or defensiveness...or...calm self-evaluation and finding the lesson in it?

How many preventable disturbances annoy you, and why do you tolerate them?

Do you resort to liquor, narcotics, or cigarettes to “quiet your nerves”? If so, why do you not try mental discipline training instead?

Does anyone “critique or complain about your interpersonal or communication skills ” and if so, for what reason?

Do you have a DEFINITIVE GOALS OR A PURPOSE, and if so, what is it, and what plan have you for achieving it?

Do you suffer from any of the Six Basic Fears? If so, which ones?

FEAR of:

Ill Health

Poverty

Loss of Love or a Relationship

Criticism

Growing Old

Death

Have you a method by which you can shield yourself against the negative influence of others?

Do you make deliberate use of affirmations, positive self-talk, success conditioning to make your mind positive?

Which do you value most, your material possessions, or your privilege of controlling your own life, body & thoughts?

Are you easily influenced by others, even if it goes against your own judgment?

Do you face squarely the circumstances which make you unhappy, or sidestep the responsibility?

Do you analyze all mistakes and failures and try to be better because of them or, do you take the attitude that this is "someone's else's fault that you did not succeed" and you're fine and there is nothing to glean from this experience?

Can you name three of your most damaging weaknesses?

What are you doing to correct them?

Do you encourage other people to bring their worries to you for sympathy?

Do you derive from your daily experiences any lessons or influences which could aid in your personal advancement or success?

Does your presence have a negative influence on other people as a rule?

What habits of other people annoy you most?

Do you form your own opinions or permit yourself to be influenced by other means social media, news or family belief systems?

Have you learned how to create a mental state of mind with which you can shield yourself against all discouraging influences?

Does your career inspire you with faith and hope?

Are you conscious of the forces and power to enable you to keep your mind free from all forms of FEAR?

Does your religion help you to keep your own mind positive? Or does it fill you with fear, dread and shame?

Do you feel it your duty to share other people's worries? If so, why?

If you believe that "birds of a feather flock together" what have you learned about yourself by studying the friends whom you attract and spend the most time with?

What connection, if any, do you see between the people with whom you associate most closely, and any unhappiness you may experience.

Could it be possible that some person whom you consider to be a friend is, in reality, your worst enemy, because of his/her negative influence on your mind?

By what rules do you judge who is helpful and who is damaging to you?

Are your intimate associates consciously and mentally superior or inferior to you?

How much time out of every 24 hours do you devote to:

a. your occupation

b. sleep

- c. play and relaxation
- d. acquiring useful knowledge
- e. mindlessly scrolling

Who among your acquaintances,

- a. encourages you most
- b. cautions you most
- c. discourages you most
- d. helps you most in other ways

What is your greatest worry? Why do you tolerate it?

When others offer you free, unsolicited advice, do you accept it without question, or analyze their motive?

What, above all else, do you most DESIRE? Do you intend to acquire it? Are you willing to limit all other desires for this one? How much time daily do you devote to acquiring it?

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

Do you usually finish everything you begin?

Are you easily impressed by other people's business or professional titles, college degrees, or wealth?

Are you easily influenced by what other people think or say of you?

Do you cater to people because of their social or financial status?

Whom do you believe to be the greatest person living? In what respect is this person superior to yourself?

\*\*\*\*How much time have you devoted to studying and answering these questions?

(It's recommended at least one day is necessary for the analysis and the answering of the entire list.)

\*\*\*"If you have answered all these questions truthfully, you know more about yourself than the majority of people. Study the questions carefully, come back to them once each week for several months, and be astounded at the amount of additional knowledge of great value to yourself, you will have gained by the simple method of answering the questions truthfully. If you are not certain concerning the answers to some of the questions, seek the counsel of those who know you well, especially those who have no motive in flattering you, and see yourself through their eyes. The experience will be astonishing.

\*\*\*You have ABSOLUTE CONTROL over but one thing, and that is your thoughts. This is the most significant and inspiring of all facts known to man! It reflects man's Divine nature. This Divine prerogative is the sole means by which you may control your own destiny. (*Napolean Hill*)

***If you fail to control your own mind, you may be sure you will control nothing else.***

If you must be careless with your possessions, let it be in connection with material things. Your mind is your spiritual estate! Protect and use it with care.

This is an adapted excerpt of *Think and Grow Rich* by Napolean Hill

