

Personal Development Worksheet

Live Life Passionately!

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Stressful Mindsets

This test assesses how you are feeling about your life.

1st - Check the ones that best relate to you.

2nd - Then rate them from 1-5 (1 being never, and 5 being always).

√	ATTITUDE	SCORE
	1. I'm always right.	
	2. I must succeed all the time.	
	3. Things must be perfect.	
	4. There is never enough time in the day.	
	5. I feel isolated from my family or close friends.	
	6. I feel that people should listen better.	
	7. Events in my life are running me.	
	8. I must do it myself.	
	9. I cannot say no to people without feeling guilty.	
	10. I never feel satisfied with my life.	
	11. I need to create excitement to avoid boredom.	
	12. I feel a lack of intimacy with people around me.	
	13. I am unable to relax.	

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√	ATTITUDE	SCORE
	14. I feel increasingly cynical and judgemental.	
	15. I am unable to laugh at myself.	
	16. I avoid speaking my mind.	
	17. I feel as if I'm going no where.	
	18. I have problems I cannot solve.	
	19. In the morning I feel unrested.	
	20. I often communicate negative views.	
	21. I easily anger.	
	22. I seem further behind at the end of the day.	
	23. I forget deadline and appointments.	
	24. I am irritable and short-tempered.	
	25. I often worry about the future.	
	26. I consider myself used/exploited.	
	27. I sleep restlessly.	
	28. I feel dissatisfied with work and personal life.	
	29. I wish I could change the past.	

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√	ATTITUDE	SCORE
	30. I'm not where I want to be in my life.	
	31. I have trouble getting to sleep and staying asleep.	
	32. I have trouble waking up.	
	33. I feel hopeless and sad in the morning.	
	TOTAL SCORE:	

SCORE YOURSELF:

0-26 = low stress,

26-52 = mild stress,

52 to 78 = moderate stress,

78- 102 = moderate-high stress,

102+ high stress.