

DO YOUR THOUGHTS TEND TO ENHANCE OR INHIBIT YOU IN CREATING YOUR DESIRES?

Rate each item (1 - 5) using the scale below. Which thought pattern do you use most frequently?

Number 1 indicates Never
Number 2 indicates Rarely
Number 3 indicates Sometimes
Number 4 indicates Frequently
Number 5 indicates All the Time

How often do you:

1. Respond to stressful situations with compassion rather than judgments?
Rating (1 – 5)_____
2. Check in with others involved in a difficult situation rather than make negative assumptions?
Rating (1 – 5)_____
3. Step back from a difficult situation and be an observer rather than blow things out of proportion?
Rating (1 – 5)_____
4. Perceive situations as unique, rather than black-and-white or right-and-wrong?
Rating (1 – 5)_____
5. Set intentions to feel inner peace and harmony, rather than replay the same negative tapes in your head?
Rating (1 – 5)_____
6. Choose to focus attention on the good things happening in your life, rather than magnify the things that don't feel good?
Rating (1 – 5)_____
7. Maximize your strengths by being grateful for your personal gifts, rather than minimize your good qualities by putting yourself down?
Rating (1 – 5)_____
8. Detach from your emotions about difficult situations that you could take personally, rather than get angry?
Rating (1 – 5)_____
9. Focus on the good qualities of people or situations that do not easily agree with you?
Rating (1 – 5)_____

10. Continue to have positive expectations regardless of a few undesirable experiences (EX: "He is usually on time--this was an exception")?
Rating (1 – 5)_____
11. Learn from an undesirable situation rather than blame self or others?
Rating (1 – 5)_____
12. Look for the gifts in unexpected situations rather than fearing the worst?
Rating (1 – 5)_____
13. Gather complete information about a situation rather than take statements or events out of context?
Rating (1 – 5)_____
14. Replace "should," "must," and "ought" statements (eliminating options) with "could," "might consider," "perhaps" statements (creating options).
Rating (1 – 5)_____
15. Replace "need" statements with "desire" statements (shifting from must have or desperation to having a preference).
Rating (1 – 5)_____

Score Yourself:

71 – 75 = Extremely Enhancing

61 – 70 = Very Enhancing

51 – 60 = Usually Enhancing

40 – 50 = Middle Ground – Sometimes Enhancing & Sometimes Inhibiting

30 – 39 = Usually Inhibiting

20 – 29 = Very Inhibiting

15 – 19 = Extremely Inhibiting

Regardless of your score, cultivating an optimistic perspective in all areas of your life will enhance your ability to attract your desires. The more enhancing our thoughts, the more quickly our desires are manifested.