

# U-ready questionnaire



## 1) When answering questionnaires

You tend to;

- a) be completely honest
- b) select the answer that fits how you'd like it to be
- c) just go for the highest points

## 2) When thinking about my life

Are you;

- a) I have a very clear idea about the purpose and meaning of my life
- b) I have a hint about my purpose in life
- c) I'm not sure about the purpose or meaning of my life

## 3) My relationship with change

I often;

- a) practice change regularly
- b) give it a go but often slip back into my comfort zone
- c) tend to procrastinate

## 4) Facing up to the real you

Would you say you were;

- a) completely focussed & goal driven
- b) tend to lack direction at times
- c) not sure what you want

## 5) Making peace with your past

Do you tend to;

- a) forgive and forget
- b) try to move on but get de-motivated at times
- c) dwell on the past

## 6) What you think about yourself affects how others behave towards you

Do you;

- a) walk the talk
- b) lack self belief at times
- c) have low self-esteem

## 7) You want to make a change but your partner doesn't

Would you;

- a) go ahead anyway
- b) negotiate on a happy medium
- c) just leave it

## 8) You find an amazing opportunity that gives you a chance for success in anything you want

Do you;

- a) Go get it
- b) Let someone else decide for you
- c) Leave it – you'd much rather leave things as they are

### Mostly A's

You have direction, you know what you want and you're focussed. You have some good coping strategies in place that often serve you well. In fact life's so good there's just no room for improvement – is there?

### Mostly B's

You're stuck! You are successful in some areas of your life but lack direction in others. You're inconsistent at times and often allow others to make decisions for you. The important point to make here is that you do believe things can get better – don't you?

### Mostly C's

Oh dear, life isn't good at all is it? In fact we're not sure why you've bothered. Best go back and hide under the same stone you've always hidden under. You're not worth it anyway – are you?

### Your results are a tie

Something's not quite right! You seem to be lacking balance, you may have some good strategies in place but have lost sight of what's right for you in certain areas of your life. Maybe its time for a change in thinking – do you know why you're here?