

ARE YOU PROACTIVE OR REACTIVE?

Instructions

Answer the following questions by circling the number that best represents you. Be as honest with yourself as possible. Total up your numbers at the end of the quiz to see how you score.

Quiz

1. I get angry in traffic. **Often 1 2 3 4 5 Never**
2. When I see someone I want to know, I approach him or her without hesitation. **Never 1 2 3 4 5 Often**
3. I often worry myself to sleep. **Often 1 2 3 4 5 Never**
4. I stick to my exercise regimen. **Never 1 2 3 4 5 Often**
5. My diet is very diverse. I have favorites but I eat them in moderation. **Never 1 2 3 4 5 Often**
6. I am free of addictions such as coffee, cigarettes, sugar, chocolate and other drugs. **Never 1 2 3 4 5 Often**
7. I do not pass judgment or become upset until I have all of the facts. **Never 1 2 3 4 5 Often**
8. When I am late for work, it is due to a factor outside my control. **Never 1 2 3 4 5 Often**
9. I always keep my promises. **Never 1 2 3 4 5 Often**
10. Occasionally, I feel overwhelmed. **Never 1 2 3 4 5 Often**

Scale

40-50 You show a high degree of consciousness and you are proactive. Life is good and you know it!

30-39 You are conscious and proactive more often than not. You are doing OK, but your life can be better.

20-29 Reactive thinking impacts your life and you are living under the influence of your emotions. You likely have greater potential than you are experiencing.

0-19 Reactive thinking heavily impacts your life and you are living under the influence of your emotions. You likely have much greater potential than you are experiencing.