

Why You Need Personal Development

Challenge

Ask yourself these 20 questions to get an idea of your personal development:

Count the No's

1. Do you believe the "**problems**" in your life are caused by others? (Yes / No)
2. Do you feel like you have little **control** over your situation in life? (Yes / No)
3. Do you find you are focusing on a new and **completely different** goal every month? (Yes / No)
4. Are you distracted by every **good idea** that comes by, and **overwhelmed** by the sheer number of things you want in your life? (Yes / No)
5. Do you often feel **stuck** in your situation, facing the same problems? (Yes / No)
6. Do you find you witness yourself doing **stupid** things that set your progress back? (Yes / No)
7. Do you find yourself **forgetting** important things or **shrinking from** doing things you KNOW will be good for you? (Yes / No)
8. Do you sense you shy away from opportunities to **connect** with or work with others? (Yes / No)
9. Do you often feel **tired, drained, stressed,** or **devoid** of energy? (Yes / No)
10. Do you feel a sense of **confusion, distraction,** and general **uneasiness**? (Yes / No)

---- / 10 No's

Count the Yes's

1. Do you feel like you are the person **you truly want to be**? (Yes / No)
2. When explaining to others what you do "for a living" do you always say the **same thing**? (Yes / No)
3. Do you feel you absolutely **know** what you love to do for others? (Yes / No)
4. Is it easy to say, "No" to good ideas that come by because you are **on a mission**? (Yes / No)
5. Do you know exactly what your "**perfect**" life looks like? (Yes / No)
6. Do you feel like you are a **different and better person** than you were last month or last year? (Yes / No)
7. Do you have a sense of **organization** and control over your ability to be **productive** every day? (Yes / No)
8. Do things often just seem to **magically happen** in your favor? (Yes / No)
9. Do you instinctively **search out** successful and supportive people you can learn from and look for opportunities to **connect** with them? (Yes / No)
10. Are you full of **energy** and **enthusiasm** often or daily? (Yes / No)

---- / 10 Yes's

Add the two totals out of 20 and multiply by 5 to give you a score out of 100%. This is an estimation of your level of personal development. How do you rate?