

Breaking free from mediocrity

QUESTIONNAIRE

(Please note: This is only a sample provided by the author based on personal opinion, experience, & research)

Read each statement carefully and place a tick in the appropriate column. Try to be objective and honest in your answers.

S.No	Statements	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	I keep assessing my strengths and weaknesses					
2.	I believe that it is important to know the areas where I need to improve					
3.	I maintain a record to check my progress on self-development plan					
4.	I believe in myself					
5.	I know my capabilities and set targets based on my abilities					
6.	If I know that I am capable of achieving something, I do not think twice about trying it					
7.	I grab any opportunity that will help me to develop					
8.	I believe that opportunities should not be missed					
9.	When I get an opportunity, I start working towards accomplishing it					
10.	I keep trying without losing hope					
11.	Even when I face failures, I keep moving towards my goal					
12.	I do not get dejected or upset when I face setbacks					
13.	I like to learn new things, even if they are not related to my field					
14.	I am interested to gain knowledge and skills that will help me for personal and career growth					
15.	I am not afraid to ask experts to teach me if I do not know something					
16.	I like to keep myself fit both physically and mentally					

17.	I am conscious of my food habits					
18.	I do not indulge in activities that might cause harm to my health or emotions					
19.	I like to be creative					
20.	I keep exploring in areas that I am passionate about					
21.	I do not fear taking risks or trying new things					
22.	Failures and setbacks do not worry me					
23.	I keep moving though I face several barriers in achieving my goals					
24.	I keep motivating myself for achieving my desires					
25.	I try to keep situations and crisis under my control					
26.	I do not get emotionally upset when I face a crisis					
27.	I like to solve problems with a clear and rational mind					
28.	I try to be different from others					
29.	I do not follow the crowd					
30.	I like to dream big and take sincere efforts for achieving my dreams					

Scoring All statements	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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Check your scores:

Less than 50 – You are a prisoner of mediocre life. You need to work consciously towards coming out of a stagnant and meaningless life. Do not be afraid to take risks and go after your dreams.

51– 100 – You are trying hard to break free from a mediocre life. However, you are still caught up in fears and doubts. Step out with determination and confidence and you will reach higher places.

Above 100 – You are not a mediocre person. You are someone who dreams big and is ready to step out of a mediocre life. You will not settle for boredom or stagnant life. Keep flying high!