



Positivity Self-Assessment

This self-assessment quiz is designed to help you evaluate your level of positivity. Answer each question with 'Yes' or 'No'. If it's an area you struggle with, answer No. At the end of assessment, there is a place to record your thoughts, insights and potential actions for your future reference.

1. Do you often feel optimistic about the future?

☐ Yes

☐ No

2. Do you find it easy to stay positive in challenging situations?

☐ Yes

☐ No

3. Do you feel you have a lot to be thankful for & express gratitude often?

☐ Yes

☐ No

4. Do you believe that positive thinking can impact your health?

☐ Yes

☐ No

5. Do you surround yourself with positive influences and people?

☐ Yes

☐ No

6. Do you practice self-care regularly?

☐ Yes

☐ No

7. Do you set and achieve personal goals?

☐ Yes

☐ No

8. Do you find joy in everyday activities?

☐ Yes

☐ No

9. Do you maintain a positive self-image?

☐ Yes

☐ No

10. Do you handle stress in a healthy way?

☐ Yes

☐ No

11. Do you feel confident in your abilities?

☐ Yes

☐ No

12. Do you have fulfilling hobbies and interests?

☐ Yes

☐ No

13. Do you feel a sense of purpose in your life?

☐ Yes

☐ No

14. Do you have a positive outlook on life?

☐ Yes

☐ No

15. Do you feel content with your life?

☐ Yes

☐ No

16. Do you choose your attitude?

☐ Yes

☐ No

17. Do you like yourself?

☐ Yes

☐ No

18. Are you good at letting go of past disappointments?

☐ Yes

☐ No

19. Do you have fulfilling relationships with others?

☐ Yes

☐ No

20. Are you good at bouncing back from mistakes?

☐ Yes

☐ No

21. Do you value experiences over material things?

☐ Yes

☐ No

22. Do you regularly utilize your strengths at work and home?

☐ Yes

☐ No

Your Insights & Actions

Record any insights or actions that come to mind while taking the survey.
Periodically revisit to monitor progress.



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Disclaimer "These assessments are intended for informational and entertainment purposes and should not be used as a substitute for professional medical advice, diagnosis, or treatment."