

Mind/Body Skills Questionnaire

Answer each of the following statements as to how it describes your approach to life. Check True or False

1. I Spend time planning how I will reach my goals..... True False
2. I regularly evaluate whether I have made progress in reaching my goals..... True False
3. Before I perform a task, I imagine being successful. True False
4. I visualize successfully dealing with things that might go wrong on a project. True False
5. I keep my thoughts positive when I am performing or presenting
in an important situation. True False
6. I talk positively to myself to get the most out of my performance. True False
7. I have an internal desire to achieve. True False
8. I have the incentive to improve my performance
when I'm tired, hurt, bored or distracted..... True False
9. I believe in my ability to achieve. True False
10. I am able to respond effectively to challenges or distractions
and maintain positive performance. True False
11. I practice using relaxation techniques so I can stay calm under pressure. True False
12. I am able to relax if I get too nervous..... True False
13. During important tasks, I use reminders to tell myself
what I should be concentrating on..... True False
14. I perform effortlessly in evaluative situations without consciously thinking about it. True False
15. I am able to refocus effectively if I get upset during a project. True False
16. During an important project I quickly clear emotions
that interfere with my performance. True False
17. I can raise my energy level when necessary. True False
18. When I need to, I can psyche myself up for important situations..... True False
19. I have a specific method of preparing before important tasks. True False
20. If I encounter a setback, I can rebound and still perform effectively..... True False

Mind/Body Skills Questionnaire Scoring Key

If you answered “False” to one or more of the statements in the groups listed below, you should pay particular attention to the corresponding skill. You will probably benefit greatly from learning how to use it successfully.

<u>Statement</u>	<u>Mind/Body Skill(s)</u>
Statements 1 and 2	Setting Goals/Objectives
Statements 3 and 4	Visualization
Statements 5 and 6	Positive Thinking
Statements 7 and 8	Motivation
Statements 9 and 10	Confidence
Statements 11 and 12.....	Relaxation
Statements 13 and 14.....	Concentration
Statements 15 and 16.....	Emotional Power
Statements 17 and 18.....	Determination
Statements 19 and 20.....	Consistency