



THRIVING
MINDSET INDICATOR

Self-Scoring Thriving Indicators Tests



Self-Scoring Thriving Indicators Test

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PACEsitter Assessment

"Do you have the power to thrive?"

Introduction

The PACEsitter archetype was developed after a several decade search for the characteristics and corresponding skills associated with people we admire for their integrity, achievement, life satisfaction, and altruism. The PACEsitter lives a thriving life by balancing the need for achievement with a devotion to helping others succeed. Those with PACEsitter characteristics know how to defer gratification for the good of others while making a big impact that matters. As such, people tend to admire these high achievers as they represent the kind of person others want to follow.

This assessment is designed to test your skills and characteristics in relationship to the PACEsitter archetype, and to identify areas for improvement to become an exemplary PACEsitter. Anyone can be trained to become a highly developed PACEsitter by learning the skills and abilities that correspond to the PACEsitter's known success factors. We call this: *The Power to Thrive!* Those sincere enough to acknowledge areas of improvement can profit from this assessment.

Facilitator:

Name:

Results:

Course: The Power to Thrive!

Date:

HOW TO COMPLETE THIS ASSESSMENT

There are no right or wrong answers. Answer impulsively and quickly. Circle the answer that comes closest to your own gut response without guessing what may be the correct response.

ARE YOU LIVING YOUR LIFE WITH *PURPOSE*?

Being a PACeSetter is not merely about achieving the life and career skills for one's own benefit and that of others. It is also about approaching life with purpose. Purpose is, after all, at the heart of that motivation which propels us to a life and career that matters most. The PACeSetter who inculcates purpose in everything he/she does is like a trusted sage who lives a life of significance. Purpose can be learned through a planned approach to life that leads toward a big impact. Each big impact starts with a plan, consists of a perpetual commitment toward learning, is assured through properly analyzing situations and people, and is confirmed by satisfying the need(s) of the entity responsible for telling you that you've succeeded. Now, let's assess your level of purposeful thinking.

Circle the answers that come closest to your own immediate response.

1. A good life is, above all:
 - a. the legacy I leave behind?
 - b. the lives I have improved along the way?
 - c. the achievements I have earned?

2. A failure is, to you:
 - a. not living up to my potential?
 - b. not following my dream?
 - c. not receiving the approval of friends, family, and coworkers?

3. Finding purpose is best discovered by answering the question:
 - a. "What am I supposed to be doing?"
 - b. "If a gnawing problem in my world could be solved, what would it look like?"
 - c. "What qualities are most unique to me?"

4. When morality conflicts with self-interest, you:
 - a. reason together a compromise?
 - b. choose what is morally right?
 - c. view ideal possibilities as fact?

5. When you start a project, do you first:
 - a. find out who will determine the success or failure of the outcome?
 - b. ask questions to gain clarification as to the scope of the project?
 - c. analyze the situation to identify root problems?

6. Success is:
 - a. not a quantifiable determination, rather a subjective evaluation?
 - b. how others perceive the value of what was produced?
 - c. whether a decision maker's need has been clearly met?

7. A good decision is primarily based on:
 - a. whether it considers all possibilities?
 - b. whether it benefits all concerned?
 - c. whether it results in furthering my influence?

8. Making an impact that matters is not:
 - a. about solving a problem(s) that really bothers me?
 - b. about taking on an opportunity that can either make money or further my influence?
 - c. about looking inside of myself to satisfy an unmet need?

9. A sudden crisis or life altering situation is best handled by:
 - a. expressing personal feelings to all affected persons?
 - b. staying in the moment?
 - c. planning for it in advance?

10. Look at the following words. Which ones match best?

- a. life, satisfaction?
- b. pain, solution?
- c. leadership, influence?

11. Your hero/heroine is/was:

- a. a servant?
- b. a fighter?
- c. a star?

12. People are most likely to succeed if they:

- a. effectively manage all of the variables?
- b. leverage their strengths to everyone's advantage?
- c. fulfill a purpose that has meaning?

13. When do you try something completely new?

- a. on holiday or vacation?
- b. whenever the opportunity arises?
- c. when it seems to be an improvement?

14. Problems are:

- a. best solved by what's worked before?
- b. to be avoided if at all possible?
- c. influenced by perception and understanding?

15. You are hard-pressed for money. A friend asks you for a small loan so he/she can eat. Do you:

- a. explain your inability to help at this time?
- b. give your friend the loan?
- c. offer some suggestions as to how he/she can gain the money elsewhere?

16. What motivates me most is:
- a. gaining the approval of people in general?
 - b. achieving a desired outcome?
 - c. the enjoyment of doing something important?
17. You are walking fast on a city walkway so that you can get to an important interview in 10 minutes, and notice down the street a homeless man who has fallen and is screaming in pain. You:
- a. call 911 while continuing your walk to report what looks to be a serious accident?
 - b. walk about a block out of your way to evaluate this man's situation?
 - c. pray or hope that this man gets some attention and continue walking so you are not late?
18. As the project leader, you are tasked with launching a product you know will help improve people's lives, so the next step is to:
- a. create a promotional strategy to ensure that the launch is successful?
 - b. speed up the timeline to complete the product launch ahead of time?
 - c. assemble a focus panel of potential customers to validate the product?



ARE YOU LIVING YOUR LIFE WITH THE RIGHT *ATTITUDE*?

The right attitude happens by developing a mindset that assimilates learned behaviors with new, more positive approaches. Central to developing this right attitude is a commitment to grow in each area of life. Specifically, it requires an attitude of gratitude, followed by a renewal of the mind to initiate more positive practices, and is sustained by effectively overcoming life's trials through the development of a characteristic widely deficient today – wisdom. Now, let's assess your attitude in relationship to PACEsetters who thrive.

Circle the answers that come closest to your own immediate response.

19. Depression makes you:

- a. find a friend with whom to vent?
- b. focus on pleasant surroundings?
- c. dive deep into work or a hobby?

20. Stuck in rut, you:

- a. imagine what something will look like after reaching your goal?
- b. resign yourself that routine is a part of life and continue forward?
- c. become exasperated, and look for some distraction to eliminate boredom?

21. Feeling compelled to do more, you say:
- "I'll do this little extra and then renegotiate expectations?"
 - "I've done a lot and can't be expected to be perfect?"
 - "Enough is enough. I have to stand up for myself?"
22. Which most closely describes your mood in a stressful situation?
- purposeful?
 - determined?
 - anxious?
23. Which quotation most closely reflects your view of problems:
- "I can't predict life, but if it doesn't work out, it obviously wasn't right?"
 - "This could turn out to be something worse, so I'd better stay with what I know?"
 - "Problems are inevitable but experience is indispensable?"
24. Seeing a drinking glass with water at the halfway mark, you consider it as:
- half full?
 - needing to be filled?
 - a glass with water?
25. A reoccurring bad habit is best cured by:
- focusing on what it will take to stop the habit?
 - lessening the frequency of the bad habit?
 - focusing on doing something new instead?
26. You learn about a registered sex offender in your neighborhood. You:
- consider the offender as a very damaged person?
 - do what's necessary to stop the offender from hurting others?
 - consider what impact this person might have on you and your loved ones?

27. Unable to meet the payroll of your employees if revenues continue decreasing, you would:

- a. offer a reduction of pay until future revenues can cover back pay for everyone?
- b. invest in a growth fund to increase profitability within the organization?
- c. ask employees for their suggestions as to how best to divide existing funds?

28. The truth is:

- a. best described in terms such as "certainty," "absolute," and "reassuring?"
- b. a fixed point of fact that cannot be changed?
- c. constantly evaluated against the possibility there may be more to know?

29. Taking hallucinogenic drugs is:

- a. dependent on the need of the person taking them?
- b. wrong in all situations?
- c. a moral question that is best influenced by my interpretation and existing rules?

30. A consistently successful performer:

- a. sticks rigorously to techniques as trained or experienced?
- b. sees failure as an opportunity to learn and grow?
- c. perfects "the game of life" – what some call the journey?

31. A police officer pulls you to the side of the road and gives you a speeding ticket. Your first response is:

- a. upset but cool?
- b. soothing/humorous?
- c. angry?

32. Trust is to love, as perspective is to:

- a. choice?
- b. opportunity?
- c. experience?

33. You are not invited to the birthday party of someone whom you had thought to be your close friend. You:
- say nothing, and assume that your friend's reasons will become clear in due course?
 - remind yourself of your admirable traits and how others have validated them?
 - shrug, and go do something pleasurable to get your mind off of the offense?
34. You are outraged by a comment. Do you:
- tell someone else about the comment to gain his/her perspective?
 - express how the comment affected you to the person who made it?
 - keep silent about your feeling and contemplate its affect on you?
35. An attitude of abundance is best developed by:
- evaluating possibilities in the context of opportunity, potential, and time?
 - overcoming losses by releasing yourself to think anew?
 - identifying the reality of whether resources are truly limited?
36. You would reframe the thought, "Nobody cares about me?" with this statement:
- "Maybe others feel that I'm too busy, so I'll check-in with some to let them know otherwise?"
 - "I can't change who I am so others need to just accept me or not?"
 - "Being more transparent with others may open them up to me?"



ARE YOU CREATING AND SUSTAINING HEALTHY *CONNECTIONS* WITH OTHERS?

Healthy connections are all about how we feel and respond to others by: learning about them, feeling empathy toward them, adapting our behaviors to their styles, relating productively toward them, and negotiating a relationship that leads to complete harmony with each other. Easier said than done? Yes and no. Yes, healthy relationships require a great amount of effort. However, the good news is that relationship skills can be effectively learned and practiced with the right mix of knowledge and application. Once a thriving attitude is established, we can begin the practical steps toward building connections that not only last, but also thrive. PACEsetters don't always have perfect relationships, however they possess an exceptional ability to initiate strong connections and repair broken ones through very practical approaches. Now, let's assess your relationship skills and approaches to determine how well you fit the PACEsetter archetype.

Circle the answers that come closest to your own immediate response.

37. Your friend, in direct contradiction to your request, shares your secret. You confront him/her and:
- a. explain how this breach of trust affected you?
 - b. inquire as to why your friend betrayed your trust?
 - c. tell your friend what you will do in the future to prevent a similar betrayal?
38. A stranger asks your opinion. Do you:
- a. encourage the stranger to trust his/her own opinion?
 - b. say that you cannot offer an opinion without getting to know the person better?
 - c. express what your personal preference would be?

39. The objective of any conversation is to:
- understand?
 - share?
 - tell?
40. A healthy relationship is determined by answering this question:
- "Does my relationship make me feel good?"
 - "How often do I see my friends now?"
 - "Can I gain something from this relationship?"
41. The best rule of relationship connection is:
- do to others what they would like done to them?
 - do to others what you would like them to do to you?
 - do to others what all concerned would like?
42. After observing mostly family and co-worker pictures in a person's office you ask:
- "How can I help you achieve your objectives?"
 - "How do you feel about your department's culture?"
 - "Would it be helpful to evaluate your needs at this time?"
43. Which of the following most causes connection?
- returning a smile?
 - positioning your torso toward the other person?
 - repeating a question word for word to ensure understanding?
44. A client suspects that you may *not* be offering the best deal possible, and wants to renegotiate a better price. Do you:
- redefine the objective of the client and offer a one-time discount to build relationship?
 - state that you are doing the best you can and suggest a compromise?
 - repeat his/her concern and reinforce the price as originally agreed upon?

45. You interact with someone for whom you hold some prejudice. Do you:
- a. invite this person to a coffee or lunch in order to better understand him/her?
 - b. express your honest opinion and ask the other person to forgive your bias?
 - c. Talk to people within your social circle to gain a better perspective?
46. The intolerable thing in a relationship is:
- a. insincerity?
 - b. selfishness?
 - c. depression?
47. Your friend holds a door open for you. You:
- a. walk through with a grateful smile?
 - b. walk through saying, "oh...you're old fashioned, no one does that anymore?"
 - c. say, "No, please, after you?"
48. Unmerited and absolute trust in another human being is:
- a. not a very wise approach to people in general because trust can be broken?
 - b. healthful only when complete safety is felt within the relationship?
 - c. only possible once we share the same goals and values?
49. In response to an angry customer who says to you, "I can't believe your store doesn't carry my size!" you respond:
- a. "I know that the store across the street carries a larger selection and may have your size?"
 - b. "I'd like to work with you to come up with some alternatives if you like because I'm here to serve you?"
 - c. "I hear that our failure in carrying your size has been an inconvenience, and that disappoints me as well?"

50. A close friend dies. You are – honestly – most concerned at:
- a. his/her family's loss?
 - b. your own loss?
 - c. the conditions of your friend's death?
51. a good sales person:
- a. is sincere and honest?
 - b. practices meticulously all trained techniques and approaches?
 - c. uses every available option to close the sale?
52. Your team member makes an inappropriate joke that causes strife within the department.
You:
- a. inform your supervisor of the joke and how it has affected the department?
 - b. accept conflict as a normal way of life, and avoid contributing to the strife by remaining quiet?
 - c. pull the person who told the joke aside and explain why it was inappropriate?
53. Someone best knows I truly care about them when:
- a. I ask the person to confirm whether what I am hearing from him/her is correct?
 - b. I identify with the person by sharing a personal experience similar to his or her situation or problem?
 - c. I prove my commitment by giving something to the person that he/she values?
54. With someone behaves with high energy and acts gregariously I:
- a. am attentive and engage him/her with story telling and openness?
 - b. keep the discussion on point while sharing bottom line results?
 - c. am considerate and caring in asking about family, friends, and what's going on?



ARE YOU CREATING AND MAINTAINING THE *ENERGY* REQUIRED TO LEAD A LIFE OF SIGNIFICANCE?

With just 24 hours in a day, maintaining high-energy demands within a finite time period requires that people manage themselves and their environment; and, this calls for a multidisciplinary practice of faith, rest, exercise, and good eating habits. Although working harder and longer seems to be the ethos of the Information Age, the PACEsetter has learned to renew his/her energy through a sincere commitment to a healthy mind, body, and soul. Attending to each facet of their being allows PACEsetters to accomplish more in less time by maximizing their energy. A paradigm shift coupled with a disciplined approach for creating more energy causes PACEsetters to set the PACE for a thriving life. Now, let's assess your proficiency in creating the optimal power to thrive.

Circle the answers that come closest to your own immediate response.

55. On vacation you:

- a. remain in contact with the office at all times?
- b. forget work?
- c. check-in once or twice a day to pick-up messages, but otherwise devote yourself to family and friends?

56. When your coworker takes credit for a project only you worked on, you say:

- a. "You took credit for a project that you never participated in – why?"
- b. "When you took credit for a project I completed, I felt like you had betrayed my trust?"
- c. "Because you falsely took credit for this project, you cannot be trusted to work on my team anymore?"

57. Your friend has asked you to complete her resume because you have more experience.

You:

- a. come up with some possible solutions for your friend to do it on his or her own?
- b. explain that you will help her this one time, but that in the future she must learn on her own?
- c. determine a time to create your friend's resume with him/her?

58. The best descriptor of your work style is as:

- a. establishing expectations?
- b. the go-to person?
- c. going the extra mile?

59. Taking a break is:

- a. a necessity?
- b. a luxury?
- c. justified when all of the work is done?

60. The best question I can ask to determine if I'm spending my efforts wisely is:

- a. "Are my priorities in order?"
- b. "Do I have enough information?"
- c. "Am I wasting time ignoring the real me?"

61. Believing in providence is:

- a. for when reason doesn't suffice?
- b. for lack of preparation?
- c. for when all else fails?

62. How would you describe your future?

- a. fraught with challenges?
- b. full of possibilities?
- c. uncertain, which makes the here and now most important?

63. Death is:

- a. a sorry, inevitable consequence of our nature?
- b. temporary?
- c. a part of life?

64. My exercise regimen is best explained as:

- a. three to four times a week for at least 20-30 minutes per session?
- b. exercising in my high training heart rate range two to three times a week?
- c. infrequent, as allowed by my schedule?

65. Which foods best define your average intake in trying to increase your energy:

- a. eggs, apples, sweet potatoes, beans, broccoli, water?
- b. meat, potatoes, peanuts, bread, lettuce, juice?
- c. chicken, white rice, grapes, oatmeal, asparagus, coffee?

66. How often do you leave the phone off the hook or the cell phone switched off?

- a. never – it could be important?
- b. often – on holiday, in restaurants, in the bath etc.?
- c. seldom – you like to keep in touch?

67. "Worry is an inevitable part of life." Worry is best resolved by:

- a. asking "what if" questions that clarify outcomes?
- b. not judging situations?
- c. focusing on past successes?

68. Three concurrent project deadlines force you to multi-task, so to produce a satisfactory outcome you:

- a. try to delegate as many of the responsibilities as possible?
- b. check-in with the project lead(s) to reevaluate expectations based on priorities?
- c. bring aboard others with the necessary skills to complete all of the assigned project tasks on time and as expected?

69. If you won the lottery, you would:

- a. keep the money for yourself and host a celebratory party with friends and family?
- b. invest the largest sum of money and use smaller sums for yourself and others?
- c. give the largest sum of money to your family and friends?

70. Focus is achieved by:

- a. being still and focusing on the present?
- b. completing time consuming tasks all at once?
- c. creating a to-do list each day?

71. The best way to quickly eliminate energy drains that arise from failure is:

- a. avoidance?
- b. problem solving?
- c. humor?

72. You've just received a devastating report from the doctor. The first thing you do is:

- a. focus on what will get you to the best treatment in the least time?
- b. pray, meditate, or find a place to help others in need?
- c. grieve for a while and then find some distraction?

INTERPRETATION OF YOUR SCORES

Are you living your life with purpose?

- | | |
|----------------------|-------|
| 1. a) 2, b) 3, c) 1 | _____ |
| 2. a) 2, b) 3, c) 1 | _____ |
| 3. a) 1, b) 3, c) 2 | _____ |
| 4. a) 1, b) 2, c) 3 | _____ |
| 5. a) 3, b) 2, c) 1 | _____ |
| 6. a) 2, b) 1, c) 3 | _____ |
| 7. a) 3, b) 2, c) 1 | _____ |
| 8. a) 3, b) 2, c) 1 | _____ |
| 9. a) 1, b) 2, c) 3 | _____ |
| 10. a) 2, b) 3, c) 1 | _____ |
| 11. a) 3, b) 2, c) 1 | _____ |
| 12. a) 1, b) 2, c) 3 | _____ |
| 13. a) 1, b) 3, c) 2 | _____ |
| 14. a) 2, b) 1, c) 3 | _____ |
| 15. a) 1, b) 3, c) 2 | _____ |
| 16. a) 1, b) 2, c) 3 | _____ |
| 17. a) 2, b) 3, c) 1 | _____ |
| 18. a) 1, b) 2, c) 3 | _____ |
| TOTAL | _____ |

Are you living your life with purpose?

SCORE:

18 – 29: You are living without a clear sense of your purpose in all situations, and thus, for all of your apparent good intentions, you measure success in “as needed” achievements, often directed by others. If you cannot define your purpose in all situations, acknowledging the need to adjust your intentions based on each situation, you may experience frustration or be consistently at the effect of changing dynamics rather than directing your own activities. Remember that each situation either produces a personal effect outside of your control, or you can determine your own response for these situations. Being tossed by the constantly changing effect of what happens can result in mental and physical illness, causing a lack of hope and satisfaction.

30-41: Your concerted attempts to master your career and life are praiseworthy, but often countered by ill-judged decision making or instinctive reactions. You may defend yourself from “unworthy” activities by simulating appropriate responses, but you tend to give license for others to unduly influence your behaviors, which could have been better considered and consigned to a purposeful approach in comparison to other priorities. Try measuring your decisions, even decisions that seem inconsequential, as necessary for evaluation in the context of importance, time, and impact.

73. 42-54: You have no problem in living purposely in every situation, while imposing restraint on influences that are counterproductive. You are comfortable with your natural responses here they serve their turn, and know how to channel their useful personal and organizational consequences to best effect.

...On the next page interpret your attitude

INTERPRETATION OF YOUR SCORES

Are you living your life with the right attitude?

19. a) 2, b) 3, c) 1 _____

20. a) 3, b) 2, c) 3 _____

21. a) 2, b) 3, c) 1 _____

22. a) 3, b) 2, c) 1 _____

23. a) 3, b) 1, c) 2 _____

24. a) 2, b) 1, c) 3 _____

25. a) 2, b) 1, c) 3 _____

26. a) 3, b) 1, c) 2 _____

27. a) 1, b) 3, c) 2 _____

28. a) 2, b) 1, c) 3 _____

29. a) 3, b) 1, c) 2 _____

30. a) 2, b) 3, c) 1 _____

31. a) 2, b) 3, c) 1 _____

32. a) 2, b) 1, c) 3 _____

33. a) 2, b) 2, c) 1 _____

34. a) 2, b) 3, c) 1 _____

35. a) 1, b) 3, c) 2 _____

36. a) 2, b) 1, c) 3 _____

TOTAL _____

Are you living your life with the right attitude?

SCORE:

18 – 29: There's no need to color all disappointments as grey, or damaging. Marvel at your opportunities in life. The complexity of life presents a myriad of chances to grow stronger, better. All of that despair is really founded upon nothing more than resistance to the inevitable trials that come our way. Successful people still know failure, and the insecurities that normally follow. A bullish perspective in the face of bearish times could make you a more grateful person. Hardships should be reasoned and objectively evaluated. If something bad happens, consider that in the end most of what happens to you won't even be remembered.

30-41: On the upside, you certainly accept that disappointments don't always equal a sum-total loss, but are you sure that your attitude represents the best of what you can think? Your assertiveness and score keeping tendencies seem to speak of a competition rather than a life-long commitment to truly experiencing the best of life. Improving your mindset should come naturally rather than forcing a positive attitude. Whereas those in your category generally have the self-awareness to do something about their mindset, you may find it more difficult to develop an accurate appreciation of every situation. Your reasoning, although adequate enough, may not consider all of those silver linings in life, which makes you the norm. This can, however, make you more intolerant of people who don't satisfy your expectations.

42-54: You do not have to fake a healthy attitude – which is to say, you sincerely view challenges and successes with equal thankfulness. Your positive view of life, founded upon opportunity, not constant evaluation, will readily communicate itself to others. You appear to be content and hopeful. That translates into a thriving attitude.

...On the next page interpret your connections

INTERPRETATION OF YOUR SCORES

Are you creating and sustaining healthy connections with others?

37. a) 2, b) 3, c) 1 _____

38. a) 1, b) 3, c) 2 _____

39. a) 3, b) 2, c) 1 _____

40. a) 3, b) 2, c) 1 _____

41. a) 3, b) 2, c) 1 _____

42. a) 1, b) 3, c) 2 _____

43. a) 2, b) 3, c) 1 _____

44. a) 2, b) 1, c) 3 _____

45. a) 3, b) 2, c) 1 _____

46. a) 3, b) 2, c) 1 _____

47. a) 3, b) 1, c) 2 _____

48. a) 1, b) 2, c) 3 _____

49. a) 1, b) 2, c) 3 _____

50. a) 3, b) 2, c) 1 _____

51. a) 1, b) 2, c) 3 _____

52. a) 2, b) 1, c) 3 _____

53. a) 3, b) 1, c) 2 _____

54. a) 3, b) 1, c) 2 _____

TOTAL _____

Are you creating and sustaining healthy connections with others?

18 – 29: It is sad to be so independent yet so critical as to alienate many people upon whom you might depend. Resentment, futile worrying, dwelling upon hurt and in need of consistent validation, your need can make you a victim, creating a cycle of depression. Only you can break it. Your need for control, is in part innate, but the PACEsetter method of control starts by recognizing that, while controlling some people and situations has a purpose, it has its place; that feeling love is wonderful, but that, when it is not around, there are other ways to stay connected; and that stubbornness, though productive when applied to demanding tasks, has no merit when applied to ordinary social interaction. Compartmentalize. Devote time to resolve conflict; other times to simply enjoy being together and thus enjoying together times...Above all, devote time to understanding the other person, and learning about him or her. Make a life rich in diverse perspectives, and so recognize that everyone has their own viewpoint, and there's no need to always judge good from bad.

30-41: You seem to favor interdependence over independence or dependence, but it would seem that, in your own way, you are tied up in your own issues – and dependent upon others' responses to you as favorable, or unfavorable – which can place you as the victim. It is time to take a vacation from the non-stop assertion of self. After all, if you are content with your self, why does it need asserting? Interdependence, true connectedness, is concerned with others' welfare, but not at the affect of others' opinions.

42-54: Communicative, open when necessary, yet unafraid of solitude and differences, you would seem to have the sufficient interpersonal skills to assert yourself without insecure aggression where suitable, and to be confident in yourself, even when challenged by people and circumstances.

...On the next page interpret your energy

INTERPRETATION OF YOUR SCORES

Are you creating and maintaining the energy required to lead a life of significance?

- | | |
|----------------------|-------|
| 55. a) 1, b) 3, c) 2 | _____ |
| 56. a) 3, b) 2, c) 3 | _____ |
| 57. a) 3, b) 2, c) 1 | _____ |
| 58. a) 3, b) 1, c) 2 | _____ |
| 59. a) 3, b) 1, c) 2 | _____ |
| 60. a) 2, b) 1, c) 3 | _____ |
| 61. a) 3, b) 1, c) 2 | _____ |
| 62. a) 1, b) 3, c) 2 | _____ |
| 63. a) 1, b) 3, c) 2 | _____ |
| 64. a) 3, b) 2, c) 1 | _____ |
| 65. a) 3, b) 1, c) 2 | _____ |
| 66. a) 1, b) 3, c) 2 | _____ |
| 67. a) 1, b) 3, c) 2 | _____ |
| 68. a) 2, b) 3, c) 1 | _____ |
| 69. a) 1, b) 3, c) 2 | _____ |
| 70. a) 3, b) 1, c) 2 | _____ |
| 71. a) 1, b) 2, c) 3 | _____ |
| 72. a) 2, b) 3, c) 1 | _____ |
| TOTAL | _____ |

Are you creating and maintaining the energy required to lead a life of significance?

18 – 29: There are two words that the PACEsetter should erase from his or her vocabulary because they are dangerous. These are “impossible” and “insurmountable.” No one and nothing is beyond hope. People have vices, make mistakes, lose things which surface during the course of time, consequences of life which can manifest as futility, hopelessness, and fears which emerge disguised as certainties, realities found on ignorance, but they and we are human beings, not failures, for all that. “Impossible” and “insurmountable” turn situations: “There is never enough...” into despair – “Life is one overwhelming challenge”; and fatigue, because they can never be reconciled with hope, and are nothing short of lies, which breeds a desire to give-up. “Impossible” and “insurmountable” do damage to the person who thinks and speaks such foolishness, because, in time, he or she begins to believe it, and his or her head becomes crowded with mythological monsters that gobble up the energy to thrive. Your response – even to situations of happiness and security – are pre-programmed to accept or deny. It may be too late for you to banish these lies, but, if your mindset is corrected – and most are, in one form or another – list your successes and celebrate them, remind yourself of all the reasons that got you to those successes in the first place, count your strengths and gently pardon your failures. Relax. Have faith to say “I believe” and to make adjustments in your perspective and approaches. Develop a mindset, for your own purposes or, if possible, to be shared with others, in order to identify areas in life that must be eliminated or postponed. Break the cycle of just getting by through recognizing that you can rest in the assurance of being human and wonderfully made...then go exercise – and for goodness sake, eat foods that give you energy.

30-41: The illusions of “impossible” and “insurmountable,” detailed above, often result from the discouragement of disillusion. The notion that you need to be perfect, successful, accomplished and superhuman is natural in the first expectation deluge called “being a success,” but it is nonetheless untrue in that, for each subsequent, inevitable disillusion there results a sense of exhaustion, as with unrealistic expectations. Energy is at its core – power, or capacity – and, on its own, can give new life to withering creations. Hope is at its core – never ending – make the most of it – but recognize that, the more you idealize an outcome, the more disappointed and defeated will be the adaptation to reality. It is easy to engage in a theoretical situation, a lot harder to persevere through the muddy challenges to reach the end goal.

42-54: There is no danger of burning out here – merely, perhaps, of complacency – but at least you can choose to inject periods of rest, humor, fun and a focused approach into your efforts when you will, without feeling that, by doing so, you are compromising your success.