



**WARRIOR**  
**BUSINESSLABS**  
**THE SCIENCE OF SUCCESS**

**WARRIOR BLACK BELT  
PERSONAL GROWTH PROGRAM**

**ATTITUDE SELF-ASSESSMENT**



[WWW.WARRIORKRAVMAGA.COM](http://WWW.WARRIORKRAVMAGA.COM)

**ON A SCALE OF 1-10 (WITH '10' BEING HIGH), HOW WOULD YOU CURRENTLY RATE YOURSELF:** [ CIRCLE YOUR CHOICE ]

1. How is your attitude to where you are in life how happy are you?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
2. Do you get up excited every morning at the prospects of a new day?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
3. Do you have clear written goals, with deadlines and action plans yet?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
4. How is your attitude towards your spouse or partner?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
5. How is your attitude towards your family?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
6. Do you quickly find the good in people?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
7. How is your attitude towards your job?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10





8. How is your attitude towards your co-workers?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
9. How is your attitude to new people?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
10. Do you have a good sense of humor?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
11. Do you let go of your anger?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
12. How confident are you about expanding your business?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
13. When you are feeling sorry for yourself, do you try to talk yourself out of it?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
14. Do you want to improve?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
15. Do you view mistakes as an opportunity to learn?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
16. Do you surround yourself with positive people?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10



17. Do you feed your brain positive food every month, life enhancing, books, videos, seminars etc?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
18. Do you tune out the negative news, social media and talk shows?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
19. How do you feel about your fitness level?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
20. Do you take time to enjoy small pleasures for yourself?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
21. Do you offer solutions to problems or just complain?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
22. Do you review what's right in your life often?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
23. Do you often help others?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
24. Do you enjoy life to the full or are you leaving some things out?  
0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

