

# How to Unleash the Power of Perseverance

## PQ Test

Give yourself the **PQ** test. On a scale of **1-10**, **1** being *not at all* and **10** being *perfect*, rate your level on each of these factors that play a key role in your ability to persevere:

1. **Do you believe in yourself?** ( )  
*Self-confidence and self-image indicator.*
2. **Can you go against the crowd when you know the others are wrong?** ( )  
*Independence in thought and action indicator.*
3. **Do you really know what you want?** ( )  
*Clarity of purpose and intensity of passion indicator.*
4. **Do your actions align with your professed beliefs?** ( )  
*Integrity.*
5. **Are you willing to acknowledge and address areas about yourself with which you are dissatisfied?** ( )  
*Honesty with yourself indicator.*
6. **Do you finish projects you start?** ( )  
*Ability to focus indicator.*
7. **Can you bounce back quickly from disappointments?** ( )  
*Resilience indicator.*
8. **Can you quickly adjust to surprises?** ( )  
*Adaptability to change in circumstances indicator.*
9. **How is your stamina/energy level?** ( )  
*Health indicator.*
10. **Do the people who surround you add to, or detract from, your willingness to do what is necessary to achieve your goals?** ( )  
*Indicator of the supportiveness of your family, social and career environment.*

**Total Score** ( )

### What Does Your Score Reveal:

- Below 55** - Take a complete inventory. Seek improvement by starting with your positive assets first, then your areas of opportunity (lowest scoring categories).
- 55 - 69** - You are honest, and that is a good start. Seek ways to improve areas where your score is low.
- 70 - 84** - You are in great shape to chase your dreams. Maybe a little fine-tuning along the way.
- 85 - 94** - Excellent. Keep up the pressure; just do not get too comfortable.
- 95 - 100** - You are a Perseverance Machine. The world is your oyster.