

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 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 ()
