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Achieving Success in any area of your life requires certain conditions, thoughts, Mindset, behaviors, actions and reactions in order for this to occur for you. Research and Study of successful people has revealed certain characteristics, values, daily practices, and ways of being that are common among these people. Two of the most common traits are Self Awareness/personal responsibility and Mindset. You can learn more about these in my upcoming blog posts, videos and tele-seminars. Find out more visit www.MyCoachDrCindyBrown.com

Take our quick Master This Mindset™ Quiz below to see how you score!

1. Do you have particular daily practices, systems that keep you organized, focused on accomplishing your tasks and goals? **YES -1 NO-3**
2. Do you write down your goals, plan of action (daily, weekly, monthly, yearly)? **YES-1 NO-3**
3. Do you get caught up in relationship drama with your significant other family, friends that have distracted you from meeting your responsibilities or accomplishing your goals? **YES-3 NO-1**
4. Do you start your day with a gratitude exercise, meditation, prayer or morning ritual?
YES-1 NO-3
5. Do you have a daily, monthly, yearly schedule or calendar, on paper or electronic that you use consistently? **YES-1 NO-3**
6. Do you check your schedule at night before your day and then first thing in the morning and create your daily "to do" list? **YES-1 NO-3**
7. Do you balance your days with activities that meet both your personal AND business needs?
YES-1 NO-3
8. Have you spent some time figuring out what your necessary personal needs are?
YES-1 NO-3
9. Do you know what your ideal business needs are? **YES-1 NO-3**
10. Do you love/like what you are doing for business/career? **YES-1 NO-3**
11. Does your work environment promote positive energy and productivity for you? **YES-1 NO-3**
12. When you are challenged by negativity, can you easily, quickly re-focus yourself back to a positive emotional energy? **YES-1 NO-3**
13. If you get angry or into a negative emotional pattern, do you stay there and hold onto it for a period of time? **YES -3 NO-1**
14. Do you imagine, dream, vision about what you want as a practice to attract what you desire?
YES-1 NO-3
15. Do you feel tuned into, inspired by, affected by GOD, Spirit, Source, a higher power, etc.?
YES-1 NO-3

16. Do you have a daily spiritual, religious or personal growth practice that supports and/or affects your success? **YES-1** **NO-3**

17. Do you feel called to give to others?
YES-1 **NO-3**

18. Do you give to others (time, services, money, stuff) on a somewhat regular basis?
YES-1 **NO-3**

19. Do you surround yourself with positive, healthy people? **YES-1** **NO-3**

20. Do you participate in or purchase continuing education and or personal growth programs such as coaching, tele-seminars, CDs, Books that help you with your success? **YES-1**
NO-3

CONGRATULATIONS you have completed our *Master This Mindset*™ Quiz. Now add up your points and record them below.

My total points are _____ 

Now look up your *Master This Mindset*™ Score below and see what category you fall into and what our recommendations are for you to catapult yourself to greater success!

Mindset is essential to you achieving success in all areas of your life. This quiz helps you identify and see the areas in your life that affect your mindset and ultimately your success. What category do you fall into? If You Scored:

20- You have a great knowledge of your powerful mindset and a good balance of your systems of doing business and your life successfully. **Keep learning, keep growing by reading our weekly posts & articles and listening to our videos.**

21-26- You have a pretty good idea of what you need to do to be successful, however there are still a few areas where you could use some **1-on-1 coaching** to improve your life, business and finances.

27-40- You have a beginning understanding of what it takes to be successful, but you still need a **support Coach** to help you improve the areas and your mindset that are not getting you the exact results you want NOW! Also read and listen to the resources on our website for even more learning.

41-59- You have a lot of areas in your life and business that need re-modeling. Our **VIP Coaching Programs** are perfect for you and will accelerate your personal, business growth and success beyond your wildest dreams!

60- You need to do some serious work to improve your mindset and have many areas in your life and business that need re-working and improvement. Our **VIP Coaching packages** are perfect for you and will accelerate your personal, business growth and success beyond your wildest dreams!