

## Are You Programmed For Success or Sabotage?

Rate yourself from 1 to 10 with regard to each of the following statements.

1 = 100% Disagreement up to 10 = 100% Agreement

**Answer honestly with the first thought that comes to mind.**

- \_\_\_\_\_ 1. If I persist with clients, I am concerned that I will appear pushy or aggressive. I don't like being treated like or seen as a 'salesperson'.
- \_\_\_\_\_ 2. If it is too difficult to get what I want, it is not meant to be.
- \_\_\_\_\_ 3. I have a hard time finding the energy to try again when I am disappointed.
- \_\_\_\_\_ 4. When people criticize me or my ideas, I feel they may be right and stop moving forward.
- \_\_\_\_\_ 5. I can't visualize my success.
- \_\_\_\_\_ 6. If I become successful, there will be a lot of pressure to maintain it.
- \_\_\_\_\_ 7. People won't like me or be jealous if I am too successful.
- \_\_\_\_\_ 8. I feel guilty celebrating my accomplishments.
- \_\_\_\_\_ 9. I find it difficult to receive love, gifts or compliments and feel uncomfortable if people go out of their way for me.
- \_\_\_\_\_ 10. When I set a goal, I am overwhelmed by the fear of failure.
- \_\_\_\_\_ 11. I hardly ever get what I really want, so what's the point of trying?
- \_\_\_\_\_ 12. I don't like to talk about my success because it may make others feel inferior.
- \_\_\_\_\_ 13. When I fail, it means that I am – or I call myself "stupid" or a "loser".
- \_\_\_\_\_ 14. If I get what I want, it means someone else is going to lose an opportunity.
- \_\_\_\_\_ 15. I have a hard time setting goals and staying accountable.
- \_\_\_\_\_ 16. I can't risk the embarrassment of failure so I aim for what I know I can achieve.
- \_\_\_\_\_ 17. If I get a lot of success, I might lose it.
- \_\_\_\_\_ 18. If I really strive for success and don't succeed, I'll feel like a failure.
- \_\_\_\_\_ 19. To be successful, you have to use people and take advantage of them.
- \_\_\_\_\_ 20. I want to avoid conflict. I typically have a hard time asking for what I want directly.
- \_\_\_\_\_ 21. You can't fail at something and be happy and fulfilled at the same time.
- \_\_\_\_\_ 22. Success can cause a lot of problems.
- \_\_\_\_\_ 23. It's not right to be more successful than my family.

- \_\_\_\_\_ 24. I am my own worst enemy. I sabotage my own success.
- \_\_\_\_\_ 25. Success happens for others – but not for me.
- \_\_\_\_\_ 26. I don't deserve to be really successful or get everything I want.
- \_\_\_\_\_ 27. It's impossible to have it all.
- \_\_\_\_\_ 28. My first priority is to support the success of my family and then think of myself.
- \_\_\_\_\_ 29. It's too late for me to pursue my dreams.
- \_\_\_\_\_ 30. No one supports my goals and dreams.
- \_\_\_\_\_ 31. When I succeed, I feel there is always more to achieve and can't enjoy my success.
- \_\_\_\_\_ 32. I don't think I am good enough, smart enough or talented enough to *really* be successful.
- \_\_\_\_\_ 33. I constantly doubt or question myself or others and mistrust my judgment or theirs.
- \_\_\_\_\_ 34. I look for approval from others. I need to please others in to feel happy.
- \_\_\_\_\_ 35. Repeated failure is a sure sign of incompetence.
- \_\_\_\_\_ 36. I have a fear of rejection.
- \_\_\_\_\_ 37. I often blame myself and feel that everything is my somehow fault.
- \_\_\_\_\_ 38. Things have to be perfect before I can present them to the world or my clients.
- \_\_\_\_\_ 39. I am constantly interrupted by negative inner chatter and self doubt.
- \_\_\_\_\_ 40. When I get close to success, I start to distract myself with activities such as eating, TV, errands, phone calls, alcohol, (numbing out) etc.
- \_\_\_\_\_ 41. I feel angry / jealous when I see successful people.
- \_\_\_\_\_ 42. When I look at my life, I can see my failure more clearly than I can see my success.
- \_\_\_\_\_ 43. When I get excited about my vision; I get confronted, overwhelmed and stop/slow down.
- \_\_\_\_\_ 44. I have a clear picture of what I want but I don't know how to take the steps to get it.
- \_\_\_\_\_ 45. Life is already good enough. I don't need to push myself.
- \_\_\_\_\_ 46. God or fate will decide if I'm meant to be successful.
- \_\_\_\_\_ 47. It's easy for me to succeed in one area of life but not another (health, wealth, love etc).
- \_\_\_\_\_ 48. I often feel insecure, anxious or awkward when I am with new people.
- \_\_\_\_\_ 49. I feel disconnected from my dreams or passion and often go through the motions of my life.
- \_\_\_\_\_ 50. It is too hard to be successful in this economy.