

SELF ANALYSIS TEST QUESTIONS – ADAPTED FROM NAPOLEON HILLS BOOK ENTITLED, “THINK AND GROW RICH”

1. Do you often complain of “feeling bad?” If so, what is the cause?
2. Do you find fault with other people at the slightest provocation? Why and how do you feel about this chosen response?
3. Do you frequently make mistakes in your work? If so, why?
4. Are you sarcastic and offensive in your conversation? Why?
5. Do you deliberately avoid the association of anyone? If so, why?
6. Do you suffer frequently with indigestion? If so, what is the cause?
7. Does life seem futile and the future hopeless to you? If so, why?
8. Do you like your occupation? If not, why?
9. Do you often feel self-pity? If so, why?
10. Are you envious of those who excel you? Why? How do you feel?
11. To which do you devote most of your time: Thinking of success or of failure? Why?
12. Are you gaining or losing self-confidence as you grow older? Explain?
13. Do you learn something of value from all mistakes? Explain?
14. Are you permitting some relative or acquaintance to worry you? If so, why?
15. Are you sometimes “in the clouds” and at other times in the depths of despondency? Explain by referring to your feelings?
16. Who has the most inspiring influence on you? Why and what is the cause?
17. Do you tolerate negative or discouraging influences that you can avoid? What stops you from avoiding them? Explain?
18. Are you careless of your personal appearance? If so, when and why?
19. Have you learned how to “drown your troubles” by being too busy to be annoyed by them? Explain?
20. Would you call yourself a “spineless weakling” if you permitted others to do your thinking for you? Why?
21. Do you neglect internal self reflection until you become ill tempered and irritable? Explain?
22. How many preventable disturbances annoy you, and why do you tolerate them?
23. Do you resort to liquor, narcotics or cigarettes to “quiet your nerves?” If so, why do you not try willpower instead?
24. Does anyone “nag” you and if so, for what reason?
25. Do you have a DEFINITE MAJOR PURPOSE, and if so, what is it, and what plan/s have you for achieving it?

26. The Six basic fears are:

The FEAR of POVERTY

The FEAR of CRITICISM

The FEAR of ILL HEALTH

The FEAR of LOSS OF LOVE OF SOMEONE

The FEAR of OLD AGE

The FEAR of DEATH

Do you suffer from any of the Six Basic Fears listed above? If so, which ones?

27. What are you doing about this? Explain?

28. Have you a method by which you can shield yourself against the negative influence of others? Describe it and how it works?

29. Do you make deliberate use of autosuggestion / affirmations to make your mind positive? If not, why not?

30. Which do you value most, your material possessions or your privilege of controlling your own thoughts? Why? How does this make you feel?

31. Do others easily influence you, against your own judgement? Why?

32. Has today added anything of value to your stock of knowledge or state of mind? Explain?

33. Do you face squarely the circumstances that make you unhappy, or sidestep the responsibility? Why?

34. Do you analyse all mistakes and failures and try to profit by them, or do you take the attitude that this is not your duty? Why?

35. Can you name three of your most damaging weaknesses? What are you doing to correct them?

36. Do you encourage other people to bring their worries to you for sympathy? If so, why? Either way, how do you feel about it?

37. Do you choose, from your daily experiences, lessons or influences that aid in your personal advancement? If not, why?

38. Does your presence have a negative influence on other people as a rule? Explain?

39. What habits of other people annoy you most? Why?

40. Do you form your own opinions or permit yourself to be influenced by others? Explain?

41. Have you learned how to create a mental state of mind with which you can shield yourself against all discouraging influences? If yes, describe it? If no, why not?

42. Does your occupation inspire you with faith and hope? Why?

43. Are you conscious of processing spiritual forces of sufficient power to enable you to keep your mind free from all forms of FEAR? Explain?
44. Do your religious beliefs help you to keep your own mind positive? Explain
45. Do you feel it your duty to share other people's worries? If so, why?
46. If you believe that "birds of a feather flock together" what have you learned about yourself by studying the friends you attract? Explain
47. What connection, if any, do you see between the people with whom you associate most closely and any unhappiness you may experience? Explain
48. Could it be possible that some person you consider to be a friend is, in reality, your worst enemy because of their negative influence on your mind? How does it make you feel? What are you going to do about it? What is the most courageous thing to do?
49. By what rules do you judge who is helpful and who is damaging to you? Explain
50. Are your intimate associates mentally superior or inferior to you? How did you arrive at this conclusion? Explain
51. How much time out of every 24hrs do you devote to:
 - a) your occupation
 - b) sleep
 - c) play and relaxation
 - d) acquiring useful knowledge
 - e) plain waste?
52. Who among your acquaintances:
 - a) encourages you most
 - b) cautions you most
 - c) discourages you most
 - d) helps you most in other ways?
53. What is your greatest worry? Why do you tolerate it?
54. When others offer you free, unsolicited advice, do you accept it without question or analyse their motive? Why?
55. What, above all else, do you most desire? Do you intend to acquire it? Are you willing to subordinate all other desires for this one? How much time daily do you devote to acquiring it?
56. Do you change your mind often? If so, why?
57. Do you usually finish everything you begin? Explain

58. Are you easily impressed by other people's business or professional titles, university degrees or wealth? How does it make you feel?
59. Are you easily influenced by what other people think or say of you? If so, what is your natural, common behavioural response?
60. Do you cater to people because of their social or financial status? Why, explain?
61. Whom do you believe to be the greatest person living? In what respect is this person superior to you?
62. How much time have you devoted to studying and answering these questions? (at least one day is necessary for analyzing and answering the entire list?)