**The Zone Test**

**Choose the option most applicable to you.**

Q1. The last time I did something that scared me, or I made a bold decision, for personal growth, was:

1. Can’t really remember

|  |  |  |
| --- | --- | --- |
| 2. | Within the last month |  |
| 3. | Within the last year |  |
| 4.  Q2. | Within the last six months  If I am faced with a situation that involves being presented with | the |

opportunity to do something that really makes me feel uncomfortable, I will:

1. Avoid the situation entirely
2. Purposely put myself forward
3. Find an excuse to just avoid doing the thing I don’t like
4. Decide I’ll do it if I absolutely have to Q3. I implicitly trust my intuition:
5. Rarely
6. Always
7. Occasionally
8. Usually

Q4. Others think of me as different or unconventional:

1. Never
2. Always
3. Perhaps
4. Usually

Q5. I find making changes challenging to do:

1. Always
2. Never
3. Usually
4. Occasionally

Q6. Scenario: I am the CEO of a business and have to make the difficult decision about which one of two employees to let go. One is my sibling, good at their job albeit not one of the best, but I know that their personal situation leaves them

critically reliant on this job. The other employee is very good at their job with an impeccable employment record.

I would favour the family member:

1. Always
2. Occasionally
3. Usually
4. Never

Q7. When there’s a problem I am calm and easily see many solutions:

1. Never
2. Always
3. Occasionally
4. Usually

Q8. On a given project someone has to be in control, so the person with the most knowledge should lead, even if that person is not me:

1. Never
2. Usually
3. Occasionally
4. Always

Q9. In my life, I know I have everything I need to fully take care of myself; I believe I am always responsible for everything that happens in my life, even if something isn’t my fault:

1. Never
2. Always
3. Occasionally
4. Usually

Q10. I change my profile picture on social media accounts such as WhatsApp, Facebook, Twitter and Instagram:

1. Very often
2. Occasionally
3. Quite often
4. Never

Q11. I am currently doing everything I can do, irrespective of obstacles or challenges, to lead the life I want:

1. Never
2. Always
3. Occasionally
4. Usually

Q12. I have no problem with open-ended (non-specific) plans that fit within a general framework:

1. Never
2. Always
3. Occasionally
4. Usually

Q13. I do what I do because I have to and I see little alternative:

1. Always
2. Never
3. Occasionally
4. Usually

Q14. I have taken part in some of the following sports/activities before – skydiving, bungee jumping, scuba/shark diving, paragliding, flying/ piloting yourself, climbing a mountain or volcano, paintballing, motor racing, speedboating, skiing, big theme-park rides/roller coasters or similar:

1. Never
2. Absolutely and I do whenever I can
3. Just not interested
4. Tried but never again

Q15. If there’s something I really want in life, I always find a way to do it or get it. I have my goals and I know I will achieve them:

1. Never
2. Always
3. Occasionally
4. Usually

Q16. I can’t start new projects that I feel I have little experience in, qualifications or funds for:

1. Always
2. Never
3. Usually
4. Occasionally

Q17. I have a profound anxiety, fear or phobia that prevents me from enjoying the things I would like to do or could be doing:

1. True
2. In the past and overcome
3. Sometimes
4. Never

Q18. I don’t like to be around indecisive people:

1. Very true
2. Occasionally true
3. Usually true
4. False

Q19. I like to visit places I’ve never been before:

1. Never
2. Always
3. Occasionally
4. Usually

Q20. I feel uncomfortable with lack of routine, unfamiliar situations and doing things I don’t usually do:

1. Always
2. Never
3. Occasionally
4. Usually

Q21. I play games and sports for fun and fitness, not just for the sake of winning (excluding playing professionally):

1. Never
2. Always
3. Occasionally
4. Usually

Q22. I won’t try or say things that others haven’t before me:

1. Always
2. Never
3. Usually
4. Occasionally

Q23. If I have an issue about something that needs dealing with, I directly confront it as soon as possible:

1. Never
2. Always
3. Occasionally
4. Usually

Q24. If I don’t always know the answer for sure it won’t stop me answering; I say what I think is best and move on:

1. Never
2. Always
3. Occasionally
4. Usually

Q25. I won’t do certain things if I potentially make a fool of myself:

1. Always
2. Never
3. Usually
4. Occasionally

**For the following statements, choose true or false.**

Q26. If my doctor strongly recommends something to me or simply assumes I will follow their advice over a serious matter, but I disagree, I am adamant in going with my own decision:

1. True
2. False

Q27. I never usually worry about my mistakes:

1. True
2. False

Q28. If there’s something I really want/need, such as starting a business or charity, having children, a personal mission, moving abroad, changing or starting a new job or career, further education/qualifications, writing a book, surgery, treatment, therapy or anything else relevant to me, I never find reasons to put it off:

1. True
2. False

Q29. I have successfully completed a profound, life-changing, personal mission of mine:

1. True
2. False

Q30. If something has to be completed under time pressure I don’t usually find it a problem and in fact tend to thrive under the pressure:

1. True
2. False

Q31. I know I am good at what I do, and I love who I am. I don’t need to justify it regardless of what people think of me:

1. True
2. False