

Weakness Test

Look for **SIGNS** of a Weakness

On a scale of 1- 5, 1 = **strongly disagree** and 5 = **strongly agree**, write down your responses to the following statements:

S

= Lack of SUCCESS

- | | | | | | |
|--|---|---|---|---|---|
| 1. I have tried this type of activity repeatedly with little success. | 1 | 2 | 3 | 4 | 5 |
| 2. Other people often tell me that I "need to improve" in this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 3. I have received no prizes or recognition for doing this type of activity. | 1 | 2 | 3 | 4 | 5 |

I

= Lack of INSTINCT

- | | | | | | |
|--|---|---|---|---|---|
| 4. I look for ways to avoid doing this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 5. I keep thinking of other people who can do this type of activity instead of me. | 1 | 2 | 3 | 4 | 5 |
| 6. I have to brace myself to do this type of activity. | 1 | 2 | 3 | 4 | 5 |

G

= Lack of GROWTH

- | | | | | | |
|---|---|---|---|---|---|
| 7. I took a long time to learn this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 8. This type of activity bores me. | 1 | 2 | 3 | 4 | 5 |
| 9. No matter how much I try, my performance in this type of activity doesn't get much better. | 1 | 2 | 3 | 4 | 5 |

N

= Lack of NEEDS

- | | | | | | |
|---|---|---|---|---|---|
| 10. This type of activity leaves me feeling tired and drained. | 1 | 2 | 3 | 4 | 5 |
| 11. I cringe when I think back on myself doing this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 12. It makes me happy to think of a world where I would never have to do this type of activity again. | 1 | 2 | 3 | 4 | 5 |

If you scored:

53-60 = **True Weakness.** This is your kryptonite. It can do you serious harm. You must minimize it.

46-52 = **A Vulnerability.** This activity will not contribute to your success and may do worse. Don't expect much from it.

37-45 = **A Pitfall.** This is an activity that can trip you up. Step around it when you can.

00-36 = **Not a Weakness.**