

AWARENESS QUIZ

Awareness of life is key to our interaction. To get a sense of how aware you are, take the following quiz. Score yourself after each item.

1. Describe in your mind's eye what you are wearing. How well did you do without looking?

1 just the basics (identified shirt, slacks, glasses) -- 5 detailed (described color of nail polish, type of shoe laces, brand of wristwatch)

2. Make a list of what you believe you do well. Be quick about this. Now quickly make a list of what you believe you don't do so well.

Score yourself a 1 if your lists are short, 2-3 items – 5 if 6 –8 items are described subtract a point if you only have one list

3. When you have a way of doing something do you...

- 1 repeat the way.
- 2 slightly modify the way.
- 3 try new ways to modify the way.
- 4 continue to try new ways.
- 5 seldom use the same way twice.

4. When someone else has a different way of doing something, do you...

- 1 observe, listen, take in the way.
- 2 compare that person's way with your own.
- 3 analyze both ways.
- 4 ask questions and share your "way."
- 5 tell the person "how to do it."

5. Do you like things in your life to be...

- 1 Simple --- 5 Complex

6. Are you curious about things ...

- 1 Seldom --- 5 Often

7. Think of the mistakes that you have made. Do you tend to

- 1 Repeat them --- 5 Learn from them

Level of Awareness

- 30-35 Higher
- 25-29 Considerably High
- 20-24 Moderate
- 19 & Below Lower

What's driving your level of awareness? Do you live in your own wind tunnel? Are you interested in becoming more attuned to your surroundings and your own behavior? If so, please contact us.

