

# MY BEHAVIOURAL PROFILE

**Dr. J.T. (Tom) Snell**

Please read each statement carefully. If you are not certain about the degree to which the statement describes you, simply write down a number that feels most appropriate. Do not spend too long thinking about each statement and answer as honestly as possible.

Choose a number between 1 and 5 that most represents your behaviour. One is strongly disagree, 2 somewhat disagree, 3 neutral, 4 somewhat agree, and 5 strongly agree.

	Statement	Your Rating
1	I sometimes chat to strangers when queuing in a supermarket or bank	
2	I do not have a tendency to worry and feel anxious about life	
3	I am open to new experiences, such as trying new types of food or drinks	
4	I often listen to my gut feelings and hunches	
5	I have tried some techniques to boost my intuition, such as meditation or just going to a quiet place	
6	I nearly always expect good things to happen to me in the future	
7	I tend to try to get what I want from life, even if the chances of success seem slim	
8	I expect most of the people that I meet to be pleasant, friendly and helpful	
9	I tend to look on the bright side of whatever happens to me	
10	I believe that even negative events will work out well for me in the long run	
11	I don't tend to dwell on the things that haven't worked out well for me in the past	
12	I try to learn from the mistakes that I have made in the past.	

Note: Adopted from The Luck Factor. Richard My Behaviour Profile Wiseman