

MY BEHAVIOURAL PROFILE

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Please read each statement carefully. Choose a number between 1 and 5 that most represents your behaviour. 1 is **strongly disagree**, 2 **somewhat disagree**, 3 **neutral**, 4 **somewhat agree**, and 5 **strongly agree**.

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.

| | 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: Adapted from *The Luck Factor*, Richard Wiseman