

To complete this assessment, read each statement carefully then assign a value (1, 2, 3, or 4) based on whether you Never (1), Sometimes (2), Often (3), or Always (4) agree with the statement. When you're done, add the values together within each of the three categories to identify your score for each of the Three Pillars of Positivity, then add all three scores together to identify your overall positivity score.

### POSITIVITY PILLAR #1

- 1. I believe I have the capacity to learn new knowledge and skills. \_\_\_\_\_
  - 2. I tend to be curious and inquisitive, spending time in reflection. \_\_\_\_\_
  - 3. I don't sweat the small stuff. \_\_\_\_\_
  - 4. I tend to look at problems as opportunities to be explored and overcome. \_\_\_\_\_
- POSITIVITY PILLAR #1 SCORE** \_\_\_\_\_

### POSITIVITY PILLAR #2

- 5. I have a deep sense of meaning and purpose that what I do really matters. \_\_\_\_\_
  - 6. I have both short-term and long-term goals that keep me excited and motivated. \_\_\_\_\_
  - 7. I have meaningful plans that I look forward to on a regular basis. \_\_\_\_\_
  - 8. I easily get motivated into action. \_\_\_\_\_
- POSITIVITY PILLAR #2 SCORE** \_\_\_\_\_

### POSITIVITY PILLAR #3

- 9. My relationships are positive and help build me up. \_\_\_\_\_
  - 10. I have trusted friends that I can spend time with and confide in. \_\_\_\_\_
  - 11. I have mentors and role models that I look up to for guidance. \_\_\_\_\_
  - 12. I purposefully add value to others by offering encouragement or guidance. \_\_\_\_\_
- POSITIVITY PILLAR #3 SCORE** \_\_\_\_\_

**OVERALL POSITIVITY SCORE** \_\_\_\_\_

## The Three Pillars of Positivity

The happiest, most positive, and most resilient people have three competencies in common: *Mindset, Purpose, and Relationships*:

- **Positivity Pillar #1: MINDSET**

Resilient people engage in a growth mindset and have an internal locus of control, focusing on possibilities rather than problems.

- **Positivity Pillar #2: PURPOSE**

Resilient people are empowered with a definite major purpose that expresses who they are with all they do for motivated direction through life.

- **Positivity Pillar #3: RELATIONSHIPS**

Resilient people are encouraged with meaningful connections with others, providing valuable social support.

## Improve Your Score

Look at your *Overall Positivity Score*. A score of 36 or more is great, because it indicates that you at least *often* agree with those statements. Anything below a 36 indicates something could use a little work.

To help you identify the area that could use the most improvement, look at your score within each of the Three Pillars of Positivity. If any of those scores are below a 12, it indicates that this is an area that could use some work.

The Hashtag Positivity website has a number of resources available to help you improve your score, including free [articles](#) and coaching [videos](#), as well as online [courses](#), live [workshops](#) and [keynote](#) presentations. For added reinforcement, you can also receive our weekly *On a Positive Note* newsletter by subscribing at [www.hashtagpositivity.com/subscribe](http://www.hashtagpositivity.com/subscribe)

## Next Step

Over time, your score will fluctuate, so it's a good idea to take this assessment often to reflect on what area of could use more attention. To help you create a customized personal and professional growth plan, schedule a free strategy session with Jonas Cain to discuss your challenges, goals, and obstacles. Connect with him today at [www.hashtagpositivity.com/connect](http://www.hashtagpositivity.com/connect)