

MIND CHI QUESTIONNAIRES

To give you an idea of how you are presently functioning and how Mind Chi can be of assistance to you, please complete this short questionnaire. Instructions: Use a scale where 0 = none / negative and 10 = high / perfect!

Questions	28 days later	NOW
1. How would you rate your energy throughout your work day?		
2. How much energy do you have at the end of a work day?		
3. How well are you sleeping?.....		
4. How would you rate your memory?.....		
5. How would you rate your concentration?.....		
6. How is your ability to make choices?.....		
7. How clear is your thinking?		
8. How positive are your 'inner thoughts'?.....		
9. How would you rate your self-esteem?.....		
10. How well are you managing negative stress?.....		
11. How satisfied are you with your work / life balance?.....		
12. How is your general health?.....		

What does this questionnaire reveal about how you are currently using your Mind Chi (mental energy)?

Resilience Scale:	28 days later		NOW!	
	Yes	No	Yes	No
1. Do you often recall negative episodes?				
2. Do you resist change in work/life?				
3. Do you habitually feel you are a 'victim'?				
4. Do you lack the energy to want to try?				
5. Do you frequently say 'Never' or 'Always'?				
6. Do you have low self-concept/confidence?				
7. Do you mostly feel in control of yourself?				
8. Do you stay focussed under pressure?				
9. Do you bounce back after hardships?.....				
10. Do you feel basically 'hopeful'?				
11. Do you have 'coping strategies'?				
12. Do you think realistically positively?.....				

Before filling in the 28 days later responses, please fold the right hand side over to cover your NOW! answers. Thank you for completing the Mind Chi Questionnaire.

To book a Mind Chi session for your group, office, conference or 1 to 1 Mentoring, please contact Vanda@MindChi.com. More information and free resources at www.MindChi.com, please visit!

