

# Easygoing Quiz

Read each statement and answer how much you agree with it.

3 = Strongly Agree

2 = Agree

1 = Somewhat Agree

0 = Don't Agree

\_\_\_\_\_ I don't tend to worry about my or other's safety.

\_\_\_\_\_ I am willing to allow others to experience the consequence of their actions or inaction

\_\_\_\_\_ When things do not go as planned I am excited by what might happen instead

\_\_\_\_\_ I am comfortable setting a limit or stating a preference, even if others disagree.

\_\_\_\_\_ My mistakes are what make me human and are an opportunity for growth

\_\_\_\_\_ I am flexible with plans I or others make

\_\_\_\_\_ I do my personal best rather than compare myself to others

\_\_\_\_\_ I tend to prioritize my self-care needs

\_\_\_\_\_ I assume safety unless there is clear evidence of danger

\_\_\_\_\_ I am motivated by excellence more than fear of failure

\_\_\_\_\_ Your Total Score

The higher your score the more easy-going you are and may benefit from some fine tuning.

The lower your score the more you would benefit from easy going practice.

23-30 Very Easy Going    16-22 Pretty Easy Going    9-21 Somewhat Easy Going

0-8 Not Very Easy Going