Foundations of Well-Being

Quizzes: How Do You View Success?

Do you regularly recognize the many little things you accomplish each day, your progress toward big things, and your ongoing honoring of your own values? Does this recognition routinely become an experience of accomplishment, satisfaction, relief, gladness, or self-worth – in a word, a sense of success? Do you use current feelings of success to help heal old feelings of frustration, failure, or inadequacy?

You can explore this by reflecting on and answering the questions below.

For each question, try to find a response in one of these five categories:

1 - strongly disagree | 2 - disagree | 3 - neither agree nor disagree | 4 - agree | 5 - strongly agree

A person’s responses to questions like these are often more complex and nuanced than a single number can indicate. But for scoring purposes, for each question please choose the number above that is most accurate (or least inaccurate!).

QUESTIONS

_____ Each day I recognize many little goals attained, such as tasks accomplished, things understood, problems avoided, and relationships sustained and supported.

_____ Each day I recognize multiple ways that I am progressing toward my big goals, such as becoming more self-aware, learning more about the world, deepening in wisdom, getting healthier and fitter, improving my financial position, or strengthening my relationships.

_____ Each day I recognize multiple ways that I am staying true to the things I care about, such as being a decent and fair-minded person, caring for others, enjoying living, being authentic, or staying alive.

_____ When I recognize that I am being successful – in attaining small goals and progressing toward big ones, and in staying true to my values – I usually feel a sense of accomplishment, gladness, relief, satisfaction, or worth (i.e., feelings of success).

_____ When I feel a sense of success, I frequently take an extra few seconds to take it in.

_____ When I experience and take in a sense of success and worth, I actually feel less caught up in myself, less self-absorbed or egoic.

_____ I truly think it is good for me to feel satisfied and successful when I attain my goals, including the little ones.

_____ I know there are goals I have not attained – perhaps past failures or things still out of reach – but I also know that there are also many other goals I attain every day.

_____ I am very self-aware of the blocks inside me to experiencing being successful when in fact I have indeed attained goals, whether large or small – blocks like fears of something bad happening if I start feeling successful – and I push through these blocks to feel and take in a sense of success.

_____ When I feel successful, sometimes I use those feelings to help ease or heal old feelings of frustration, failure, or inadequacy.

SCORING

Your responses to particular questions can be taken at face value, in their own right, as opportunities for seeing useful things about yourself, for investigating further – perhaps talking about them with others – and for identifying inner resources that would be good to develop further in yourself.

Additionally, it can be helpful to get an overall sense of where you stand. Add up your responses to each question to get your total score. See where your score fits in just below; please hold these descriptions lightly, but in a general sense it could well be true that:

40 - 50Congratulations: you have attained the goal . . . of recognizing goals attained, and feeling and taking in a well-deserved sense of success. You understand that each day holds many opportunities to see goals attained and to feel successful – even in a hard life – and you know that it is good for you to have and take in experiences of accomplishment, satisfaction, and worth. If blocks arise in your mind to doing this, you are aware of them and push through them. You even use current experiences of success to ease and heal old feelings of frustration, failure, or inadequacy.

21 - 39You seem to be somewhat successful . . . at experiencing success. You could be recognizing some of your goals attained, and then sometimes having and internalizing an appropriate sense of accomplishment. Still, it looks like there are some good opportunities here. Are there blocks inside you to recognizing goals attained, especially the little ones, and to feeling satisfied and worthy as a result? Check yourself to be sure that you are seeing many goals accomplished each day: little ones, progress toward big ones, and staying true to your values. And when you do see these good things, let this become appropriate good feelings of satisfaction that sink into you.

10 - 20You deserve to have many more experiences of progress, satisfaction, relief, accomplishment, and worth. Even in a hard life, every living being reaches hundreds of goals each day, and progresses toward many more. It is a simple fact that you attain many goals daily: it is only fair to recognize this. And as a consequence, it is good for your mind and body and relationships to have ordinary and well-earned experiences of success. Probably there are blocks of some kind to recognizing goals attained, or to feeling satisfied as a result, such as being distracted or old feelings of inadequacy; try to push through these blocks and experience the success you deserve.

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