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# COACHING TOOL LIBRARY

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**PowerShifts Quiz, Action  
Plan, and Affirmations**

**Transformational and Spiritual Integration Coaching**  
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PowerShifts© Tools  
Mental and Emotional Strength Building Questionnaire

People who are mentally and emotionally strong usually avoid the following 13 behaviors and beliefs. By taking this questionnaire and being as honest with yourself as possible, you can identify the energy drains you have control over. Both mental and emotional strength are required to develop resiliency, attain goals, and live productive and meaningful lives.

Instructions: Choose a number from 0-5 that best represents the amount of challenge or the intensity of a challenge you have for each issue. Go with your gut feeling if you are unsure.

If it changes depending on the situation, write the number that best describes how difficult it *usually* is for you. If you are generally successful with the challenge, write down the number that indicates how much a problem it would be if you could not be successful in eliminating the challenge.

- 0 = Zero problem or challenge
- 1 = Slight problem or challenge
- 2 = More than slight problem or challenge
- 3 = moderate problem or challenge
- 4 = a lot of problem or challenge
- 5 = severe problem or challenge

**I. Do you waste time feeling sorry for yourself?**

- a. I feel sorry for my circumstances when things don't go the way I wanted them to go. \_\_\_\_
- b. I tend to dwell on the ways I've been mistreated. \_\_\_\_
- c. I have a hard time finding gratitude for challenging situations. \_\_\_\_
- d. I try to develop new awareness about myself when faced with challenges. \_\_\_\_
- e. When situations turn out badly, I use phrases like, "Next!" I learned a lot from that situation!" "I know what to do next time." \_\_\_\_

## **2. Do you give away your power?**

- a. Others people's opinions can make me feel good or bad about myself.\_\_\_\_
- b. When upset or challenged by others' behavior, I feel in control of my actions.\_\_\_\_
- c. Even if I can control my actions and be socially acceptable, I have a hard time controlling my private thoughts and emotions.\_\_\_\_
- d. Even if I can control my actions in front of others, in private, I take action that is self-destructive or self-sabotaging.\_\_\_\_

## **3. Do you shy away from change?**

- a. I welcome challenges.\_\_\_\_
- b. I tend to become complacent or stagnant when faced with uncertainty or the unknown .\_\_\_\_
- c. Change or uncertainty brings out the worst in me.\_\_\_\_
- d. I feel comfortable and confident when plans change at the last minute.\_\_\_\_

## **4. Do you waste energy on things you can't control?**

- a. I complain about things like lost luggage, traffic, other people's behaviors or beliefs.\_\_\_\_
- b. I am challenged to control my responses and attitude when things don't go as planned.\_\_\_\_

## **5. Do you worry about pleasing others?**

- a. I am unafraid to speak up for what is right in a kind and firm manner.\_\_\_\_
- b. I can withstand the possibility of someone being upset with me to do what is necessary and important.\_\_\_\_

## **6. Do you have a fear of or strong dislike for taking calculated risks?**

- a. I dislike entertaining ideas that appear to be risky.\_\_\_\_
- b. I enjoy weighing the risks and benefits of an idea.\_\_\_\_
- c. The idea of the worst-case scenario prevents me from investigating potential benefits and solutions.\_\_\_\_

## **7. Do you dwell on the past?**

- a. Looking at the past to discover what I learned is challenging for me.\_\_\_\_
- b. Examining the past is painful because it represents what I didn't get to do and missed out on.\_\_\_\_
- c. My inner attention focuses more on what happened in the past than it does on the facts of the present situation.\_\_\_\_

## **8. Do you make the same mistakes over and over?**

- a. Other people's actions and choices influence my actions and behaviors.\_\_\_\_
- b. Learning from my past misunderstandings is fun for me.\_\_\_\_
- c. I feel better about myself after spending time reflecting on myself.\_\_\_\_

## **9. Do you resent or feel jealous of other people's success?**

- a. It is hard for me to be happy for other people's success when I work as hard as they do, and I don't get the same results.\_\_\_\_
- b. Taking chances to get where I want in life is easy for me.\_\_\_\_
- c. I am willing to do whatever it takes to be successful and not rely on shortcuts.\_\_\_\_

## **10. Do you give up after failure?**

- a. Failing again and again until I succeed is acceptable.\_\_\_\_
- b. I learn from failure and can move forward.\_\_\_\_
- c. Creating a plan B or plan C is hard for me.\_\_\_\_

## **11. Do you fear alone time?**

- a. I enjoy and treasure my alone time.\_\_\_\_
- b. I evaluate my needs and effectively use my downtime to meet my needs in healthy balanced ways.\_\_\_\_
- c. My happiness and good moods are dependent on other people's presence and behavior.\_\_\_\_

**12. Do you feel the world owes you something?**

- a. I am prepared to enter the world and receive solely based on my actions and my trust that the Universe/Spirit has my back. \_\_\_\_
- b. I get upset when others don't treat me the way I treat them. \_\_\_\_
- c. When people are not fair, I get upset and can feel resentful or bitter. \_\_\_\_

**13. Do you expect immediate results?**

- a. Seeing a project to the end is hard for me. \_\_\_\_
- b. Dealing with setbacks can make me want to remove myself from a job, task, or relationship. \_\_\_\_
- c. I want difficulties to be over. Discussing "Issues" is a challenge for me. \_\_\_\_
- d. Small successes are meaningless to me. I only celebrate at the end of a project. \_\_\_\_

**TOTAL SCORE:** \_\_\_\_\_

**How Did You Do?**

If you scored 35 or lower, CONGRATULATIONS! Most mentally and emotionally healthy people score 35 or less. If your score was over 35, can you imagine what your life would be like with your score cut in half? Or even lower?! Even if you scored under 35 points, creating an action plan to strengthen your mental and emotional responses to challenging situations will help you become even more emotionally intelligent, peaceful, and powerful.

## **ITTC PowerShifts© Action Plan**

The following suggestions are offered as a starting place to put this information to work. Now that you have more clarity around what causes your emotional and mental energy drains, how would you like to put this information to work for you?

### **Here are some suggestions on how to use this information:**

- Use the affirmations daily, especially when you feel an old trigger begin to drain your energy.
- What are your top 10 values. How do your values and energy drains relate? Do you notice that you have a more challenging time enacting values associated with a specific drain? If so, work with your coach to examine the potential correlations.
- Create action plans on the practices and behaviors needed to shift into emotional and mental strength.
- Write your own affirmations to combine your values with the specific emotional and mental skill you are focusing on strengthening.
- Journal about what you are noticing as you practice your new skills.
- Create guided visualizations to help solidify the new skills into your subconscious mind.

There are many ways you can utilize the information from this questionnaire! Use your imagination and work with your coach to find new ways to strengthen your mind and emotions!

## **Three Cheers for More Inner Power!!!**



# PowerShift Affirmations

1. I no longer feel sorry for myself. I am grateful for the lesson, new information, and motivation!
2. I no longer give my power away. I choose my responses and use my emotions as information.
3. I no longer shy away from change. Facing what is, is better than stagnation and complacency.
4. I no longer give energy to what I cannot control. I can be with my emotions and nurture myself
5. I no longer worry about pleasing others' unreasonable requests. My goal is to choose what I value.
6. I take calculated risks. I weigh the risks and benefits thoroughly before I take action.
7. I no longer dwell on past disappointments or past glories. I invest my energy right here, right now.
8. I no longer make the same mistakes over and over. I accurately and productively self-reflect.
9. I am only happy for other's success. Their success no longer diminishes my abilities and possibilities.
10. I no longer give up after a failure. Learning from the past, I move forward with trust and gratitude.
11. I no longer fear alone time. I love myself and enjoy my own company.
12. The world owes me nothing. I project vitality and life and life projects back to me.
13. I no longer expect immediate results. I apply my energy and time in measured doses.

# Action Plan

*Creating a powerful shift requires a multi-dimensional approach. Cultivating tiny steps to change your beliefs, emotions, and actions over a period of time will help you become all you want to be.*

1

## *Choose Three Areas from the Quiz to Focus On*

What surprises did the quiz reveal? Which areas would create the most joy for you to master?

2

## *What Support Do You Need to Make the Shift?*

Do you need an accountability partner? Do you need more education about mental and emotional strength?

3

## *Create Your Support Team*

Who can provide the support to you need to make the changes you want to see? A friend, partner, coach, therapist?