

Quiz



How optimistic is your family?

Choose a child (or yourself) and take this Optimism Quiz.

Scale 0 - Yes, 1 - Sometimes, 2 - Not at all

Do you usually:

	Take blame personally when things go wrong
	Blow negative events out of proportion
	Take personal credit if things go well such as doing well in a test at school or winning a game
	Believe that with hard work or better skills you can improve
	Catastrophize things that go wrong at school/home or think bad events are typically large-scale mega disasters
	Look on the bright side of any situation
	Immediately jump to the worst possible outcome if you unsure of something
	Take plenty of learning risks and not allow yourself to be held back by the possibility of failure
	TOTAL SCORE

Quiz Score:

- 14 -16 A raving optimist
- 10-12 A cautious optimist
- 6 - 8 A hard-working optimist (i.e. have to work hard at it)
- 0 - 4. A struggling optimist

What action can I take after taking this quiz to be more optimistic at home?