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Attitude is Everything

## Abstract

The Lighting-up your Spirit is a distinct assessment created for you to enable you to decide whether you are a positive person or an extremely positive person. Take this simple quiz to find out answers.

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# Lighting-up your Spirit

## Attitude is everything!

Have you ever wondered, how you think and what you think, make you a positive or a negative person? Yes. You heard it correctly. Many-a-times we feel demotivated because of what others talk about us or the way they think about us. Should what people think about us concern us? What exactly you feel in adverse situations and how you react to them, decides whether you are a positive person or you are a demotivated and demoralized person. When you change your perception of others, it changes a lot of things inside you. It gives you immense gratification as a human being and believe that it brings in a lot of contentment and cheerfulness inside you.

The Lighting-up your Spirit is a distinct assessment created for you to enable you to decide whether you are a positive person or an extremely positive person. The assessment created is a revolutionary assessment and keeps you in a win-win situation because if you come out as a positive person, you are a winner; however, if you turn out to be a little negative person, you would have insights into what you have to do to be a positive person. This can be achieved by trying to obtain a higher score for yourself the next time you try attempting the questions.

All you have to do is record your responses for the given eighty statements and find out whether you are always a positive person and a go-getter or whether you need to improve on how you perceive life and situations. Your aim should be to get the highest score and hit the bull's eye. On a scale of 1 to 5, select a score for the respective given statement and help yourself find out, with 1 being the least and 5 being the highest of how you feel about the situation.

Guide for rating yourself:

- 1: Never
- 2: Rarely
- 3: Occasionally
- 4: Often
- 5: Always

### Start the Quiz. All the Best!

1. I always remain happy, cheerful, and joyful.
2. I am full of life and always look at the positive side of it.
3. I admire nature and am full of gratitude for God's creation.
4. I find happiness in small-small things.
5. I thank God every day for the meals I get to eat every day.
6. I find happiness in charity and helping others.
7. I believe that life is too short to cry and hold grudges.
8. I respect my elders when they give me the advice to remain happy in all situations.
9. My hobbies make me a lot happier.

10. I feel that life is very rewarding and satisfactory at the moment.
11. I feel pleasure executing my everyday routine.
12. I feel motivated and enthusiastic in everything I do.
13. I get up in a happy mood in the morning.
14. I feel energetic all the time.
15. I feel best when I see people are happy about the way they are.
16. I don't feel demotivated even in difficult situations.
17. I feel love and I am always open to reciprocating.
18. I like meeting my friends and relatives.
19. I welcome guests in a warm and happy mood.
20. I let go of disappointments and hurts very quickly.
21. I don't think too hard or too much.
22. I never indulge in overthinking.
23. When I am caught in a situation, I try to get out of it rather than sitting on it.
24. I believe that the sun rising in the morning brings out a new opportunity every day.
25. I often use vocabulary such as wonderful for the good day, thank you for somebody's help, and Love you to your children and elders for no reason.
26. I don't believe in backbiting and don't believe in rumors.
27. I like to remain humble even when I am overwhelmed.
28. I use extensive positive affirmations such as I am healthy, I am peaceful, I am loved, God is always there with me, I am blessed in so many ways, and so on.
29. I believe in God.
30. I believe that the position you are in is only temporary and the best is yet to come.
31. I indulge in positive self-talk.
32. I always succeed in breaking the negative chain of thoughts.
33. I like to watch positive and motivational movies.
34. I like to indulge in productive activities when I have a bad mood.
35. I always see the brighter side when I am caught in a situation.
36. I always have a backup plan when something does not go my way.
37. I get up in the morning in a positive mood.
38. I know my goals and my aim in life.
39. I have a plan for the next five years of my life.
40. I have a retirement plan.
41. My family is the most important thing in my life.
42. I know my purpose in life.
43. My ability to be at peace is my biggest strength.
44. I have lots of friends.
45. I think what I am doing is my dream job.
46. I feel powerful in all situations.
47. I am loyal to people who care for me.
48. I generally empathize with others.
49. I admire people who are full of life and enthusiastic.
50. I enjoy my Weekends very much.
51. I am a happy person.

52. I love the food that I eat every day.
53. I believe in early to bed and early to rise makes a man healthy wealthy and wise.
54. I believe in forgetting and forgiving.
55. I like doing my household work on my own.
56. I love indulging in pastime activities such as meditation and Yoga.
57. I like keeping healthy and thus I follow a routine.
58. I believe that everything I do is valuable.
59. I value life in general.
60. I never think of quitting.
61. I remain calm in case my health deteriorates because of an illness.
62. I am ready to face a situation in case some unforeseen illness pops out.
63. I can face a mishappening in my family.
64. I take criticism constructively.
65. I do not indulge myself in any criticism or behind-person talk.
66. I can face any repercussions of the false criticism that happens to me.
67. I can face double-faced people.
68. I can stand unreasonable people.
69. I can handle unreasonable people.
70. I can face demotivating situations.
71. I can come up with solutions for situations that are demotivating.
72. I don't give up in extremely demotivating situations.
73. I can face unexpected challenges or untoward situations.
74. I can face situations such as financial loss.
75. I can face situations such as losing a job, loss in business.
76. I have a backup plan always ready for such losses.
77. I can deal with extremely negative people.
78. I can convert negative people into positive ones.
79. I try finding methods and ways to remain positive in a negative situation.
80. I have answers to all the questions every time.

Your Score: 300-400

You are a happy person with a great attitude toward life. You value good things in life. You are a truly positive person. You consider that happiness is a way of life and a state of mind and you try to be happy in almost all the situations and everything you do. You believe in the goodness of life and at the same time believe in God. You always thank God for giving you the life you are living. You are an admirer of nature and the refreshing feeling that it brings to your life. You readily forget the past and are always forgiving, which not only lowers your burden but helps people in realizing their mistakes when you forgive them. You follow a routine with enthusiasm and pleasure. You are full of energy and are always welcoming whatever comes to you with humbleness and acceptance. You are full of positivity and you know your purpose in life. You are always ready to help others and are full of life. You are up the ante all the time such as an untoward situation occurring; for example, a financial loss,

health demeriting, and so on. All true human characteristics that you display! You have what it takes. Great going!

Your Score: 150-399

You are a person who tries to be happy in most situations. You try your level best to achieve a happy state of mind and try to imbibe happiness in all the activities you undertake or indulge in. You believe in the existence of God to some extent but sometimes lose faith in case of adverse situations. You are patient and try to overcome difficult situations with perseverance and determination. You think sometimes that you cannot always forget what happened with you was wrong and although you try to forgive people if they did something bad to you. You do follow a routine although you find it sometimes monotonous and boring. You know your purpose in life although you lose your way and get lost in the nitty-grit of life. You try to face all the challenges in life and always are on the path of finding answers to them. You are almost there! Keep the spirit high!

Your Score: Below 150

You need to take life more lightly and be a more positive person. You should try to be a happy person and should always believe that whatever happens is because of a reason and should try to find the good in everything you do. Don't get too distressed with your daily routine. Always believe that you can do much better by remaining close to your family and friends as well as well-wishers. Try to be a forgiving person and try to forget whatever happened to you in the past. Be more determined in achieving your goal. Follow a purpose in life and try to be cheerful as much as possible. You should be more focused on finding out answers to your challenges. Begin your journey by staying positive in negative situations. You can do it. I believe in you!

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