

## Mental Fitness Test

Q #		Strongly Agree 5	Somewhat Agree 4	Neutral 3	Somewhat Disagree 2	Strongly Disagree 1
1.	In the past week, I felt strongly connected to those around me					
2.	In the past week, I was motivated to finish what I began					
3.	In the past week, I felt confident I could achieve the goals I had set for myself					
4.	In the past week, I felt enthusiastic and energetic					
5.	In the past week, I felt supported from others when I needed it					
6.	In the past week, I felt joyful, positive or inspired					
7.	In the past week, I was able to focus on one task at a time.					
8.	In the past week, I had a clear sense of purpose in my life					
9.	In the past week, I was able to concentrate on tasks for the amount of time that they required					
10.	In the past week, I believed in my skills and abilities					
11.	In the past week, I felt able to communicate with those around me					
12.	In the past week, I felt confident that I could perform well on different tasks					
13.	In the past week, I felt that my life and contributions were valuable and worthwhile					
14.	In the past week, I felt optimistic or hopeful					

15	In the past week, I was able to persist with what I had to do and didn't give up					
16	In the past week, I felt that I had a rewarding life purpose					
17	In the past week, I was able to achieve the goals I set for myself					
18	In the past week, I was able to resume what I was doing when I was interrupted					
19	In the past week, stress stopped me from doing the things that I wanted					
20	In the past week, I felt that difficulties were piling up so high that I could not overcome them					
21.	In the past week, I felt nervous, anxious or stressed					

### Evaluation Key

- 0 -21 : We have to start working on Mental Fitness
- 22- 42 : You need to push yourself harder
- 43 – 63 : You need to stick to your mental fitness plan
- 64 – 84 : You are on the right track , focus on exercising
- 85 – 105: Keep doing what you are doing .