



# HEALTHY HABITS OF THOUGHT QUESTIONNAIRE

## Self-test

Healthy habits of thought help you maintain your mental and physical health, reduce stress, develop and sustain healthy relationships, and achieve more success at work, school, and on the playing field. This self-test will help you identify your strengths and areas where improvements will help you improve the results you experience today and throughout your life.

Instructions: Do not peek at the scoring sheet until after you take the self-test. You do not want to bias your answers. An accurate self-test will help you more than a self-test with a good score. Indicate which box most closely represents the way you usually feel. Once you answer all the questions, use the Scoring Sheet to determine your results.

Provided by: [Happiness1st.com](http://Happiness1st.com)

Jeanine Joy, Ph.D.

## Healthy Habits of Thought Questionnaire

*Indicate the answer that most closely  
resembles how you usually feel.*

	Completely Agree	Somewhat Agree	Neither Agree nor Disagree	Somewhat Disagree	Completely Disagree	Score
1. When I set a goal, I achieve it.						
2. I lack willpower.						
3. I have about as much willpower as most people.						
4. My life goes well because I manage my behavior well.						
5. If I want something, I can find a way to make it happen.						
6. I have a lot of things I would like to change in my life.						
7. I create my own problems.						
8. I see myself continually improving.						
9. I have done the things I want to do.						
10. I have a daily routine that pleases me.						
11. My life is too chaotic to be structured.						
12. If other people would do what they are supposed to do, I wouldn't have nearly as many problems.						
13. People who don't do the right thing irritate me.						
14. If I set my mind on a goal, I can achieve it.						
15. No one can stop me once my mind is made up.						
16. I am capable of achieving my goals.						
17. I can only achieve my goals if others support my efforts.						
18. Life feels out of control.						
19. I never make the same resolution twice.						
20. Most of the time, I am successful when I set a goal or make a New Year's Resolution.						
21. I can find a way to do what I want even if people around me don't agree with my goals. (locus)						

	1 week	2 weeks	1 month	6 months	Never	
22. When I set a goal or make a resolution I usually give up within:						
23. Once I've been successful with a change for ___ long, I know I've mastered it.					<b>X</b>	

<p style="text-align: center;"><b>Healthy Habits of Thought Questionnaire Scoring</b></p> <p style="text-align: center;"><i>Indicate the answer that most closely resembles how you usually feel.</i></p>	completely Agree	Somewhat Agree	Neither Agree nor Disagree	Somewhat Disagree	Completely Disagree
	1. When I set a goal, I achieve it.	5	3	1	-2
2. I lack willpower.	-5	-3	0	2	5
3. I have about as much willpower as most people.	2	1	0	-1	-2
4. My life goes well because I manage my behavior well.	4	2	0	-2	-4
5. If I want something, I can find a way to make it happen.	4	2	2	-2	-4
6. I have a lot of things I would like to change in my life.	2	1	0	1	2
7. I create my own problems. (Locus)	4	2	0	2	4
8. I see myself continually improving.	2	1	0	1	2
9. I have done the things I want to do.	2	1	0	1	2
10. I have a daily routine that pleases me.	2	1	0	1	2
11. My life is too chaotic to be structured. (locus)	-2	-1	0	1	2
12. If other people would do what they are supposed to do, I wouldn't have nearly as many problems. (locus)	-5	-3	0	3	5
13. People who don't do the right thing irritate me. (locus)	-4	-2	0	2	4
14. If I set my mind on a goal, I can achieve it.	5	3	0	3	5
15. No one can stop me once my mind is made up.	5	3	0	3	5
16. I am capable of achieving my goals.(self-efficacy)	4	2	0	2	4
17. I can only achieve my goals if others support my efforts. (locus)	-4	-2	0	2	4
18. Life feels out of control. (locus)	-4	-2	0	2	4
19. I never make the same resolution twice.	2	1	0	1	2
20. Most of the time, I am successful when I make a New Year's Resolution.	2	1	0	1	2
21. I can find a way to do what I want even if people around me don't agree with my goals. (locus)	5	3	0	3	5

Indicate the answer that most closely resembles how you usually feel.	1 week	2 weeks	1 month	6 months	Never
22. When I set a goal or make a resolution I usually give up within:	-5	-3	-2	1	4
23. Once I've been successful with a change for ____ long, I know I've mastered it.	5	3	1	-1	n/a
<b>Score on Next Page: Some Questions will be used twice</b>					

<b>Question</b>	<b>Points</b>
Question 1	
Question 2	
Question 3	
Question 4	
Question 5	
Question 6	
Question 8	
Question 9	
Question 10	
Question 14	
Question 15	
Question 19	
Question 20	
Question 22	
TOTALS (Section A)	
Question 7	
Question 11	
Question 12	
Question 13	
Question 17	
Question 18	
Question 21	
TOTALS (Section B)	
Question 4	
Question 16	
Question 20	
TOTALS (Section C)	
Question 5	
Question 14	
Question 15	
Question 21	
Question 23	
TOTALS (Section D)	

<b>Section</b>	<b>Totals</b>	<b>Level</b>	<b>Description (Factor)</b>
A	25 to 47	High	Willpower/Self-Control
A	0 to 24	Medium	Willpower/Self-Control
A	-1 to -24	Low	Willpower/Self-Control
A	-25 to -47	Priority area	Willpower/Self-Control
B	15 to 28	High	Internal Locus of Control
B	0 to 14	Medium	Internal Locus of Control
B	-1 to -14	Low	External Locus of Control
B	-15 to -28	Priority area	External Locus of Control
C	5 to 10	High	Self-efficacy
C	0 to 10	Medium	Self-efficacy
C	-1 to -5	Low	Self-efficacy
C	-6 to -10	Priority area	Self-efficacy
D	12 to 24	High	Optimism
D	0 to 12	Medium	Optimism
D	-1 to -12	Low	Optimism
D	-13 to -24	Priority area	Optimism

- Any area where your score is in the priority area will net a big return on your investment if you improve your numbers.
- An Internal locus of control, healthy self-efficacy, and optimism are key factors in developing and maintaining good mental and physical health.
- Increases in Internal locus of control, healthy self-efficacy, and optimism reduce stress which increases your ability to exercise self-control.

This self-test checks for optimism, an internal locus of control, and some aspects of self-esteem. All of these factors are important to developing healthy habits of thought. Healthy habits of thought are habits of thought that research demonstrates lead to improved outcomes in health (mental and physical), stress levels, relationships, and success in career, academia, and sports.

Habits of thought are something anyone can change. See *Mental Wellness Made Easy* for a book/workbook that will assist you in developing healthy habits of thought.

Organizations can contact Happiness 1<sup>st</sup> for training sessions.