

ARE YOU A STRESS MASTER? *(Test Your Skills)*

Take this little quiz and find out. Circle the number that describes your typical behavior.

1. I find ways to have fun and relaxation everyday.

Never true 1 2 3 4 5 6 7 Always True

2. When facing difficulty, I look for what I can do to make the situation better.

Never true 1 2 3 4 5 6 7 Always True

3. I do some form of exercise every day.

Never True 1 2 3 4 5 6 7 Always True

4. I choose how I will respond in situations and mostly, I respond in a positive way.

Never true 1 2 3 4 5 6 7 Always True

5. I see humor everyday. I like to smile. I find reasons to laugh.

Never true 1 2 3 4 5 6 7 Always True

6. I put myself into good moods whenever I choose.

Never true 1 2 3 4 5 6 7 Always True

7. I use negotiation to get what I want.

Never true 1 2 3 4 5 6 7 Always True

8. I make tracks instead of excuses and avoid blaming others for how I feel.

Never true 1 2 3 4 5 6 7 Always True

9. I know how to and will make myself feel better whenever I want to, without causing problems for myself.

Never true 1 2 3 4 5 6 7 Always True

10. When someone does something that I don't like, I respond in ways that are respectful to myself and others.

Never true 1 2 3 4 5 6 7 Always True

STRESS MASTER Score Sheet

Directions:

1. Add up your circled numbers.
2. Read the three scoring sections below.
3. Allow your subconscious mind to work out a personal meaning that works for you.

A score of"

60 and above suggests that you: Realize that stuff happens. You can't control what is going on out there. In fact, it's the stuff that makes life happen. In addition, you see that since you can control what you think about the stuff, you can therefore control what you feel about the stuff, and that can very often swing the outcome to your favor. You are a stress master!

- You are good at getting what you want without needless hassle.
- You enjoy life.
- You'd prefer to laugh rather than grumble.
- You experience a high level of satisfaction.
- You feel positive, strong, and happy more often than not.

50-59 suggests that you: Realize that as long as you live in this world, things will happen. You're making more and more improvements in your thinking, taking more control of your feelings, and therefore getting even better at mastering stress. Additional benefits include:

- You now realize that you have more control than you thought.
- People are starting to notice your efforts.
- With each passing moment, you feel more positive, strong, and happy.
- You're realizing more and more what you can do to get more satisfaction in your life.
- You're smiling now more than ever.

40-49 suggests that: You may not realize that people don't feel the way they do because of something that happened; they feel the way they do because of what they THINK about what happened.

- You may not believe that you are strong and capable.
- You may not realize just how much control you do have.
- You probably don't feel very good, laugh a whole lot, or get what you really want without unnecessary trouble.

I have one question for you:

*Are things **bad enough now** to make a change, or do you want to wait until they are **even worse**?*

No matter what your score, you probably want to feel happier and more free. GOOD NEWS! There is a wonderful book just for you: *How to Have More Control Over What Happens to You*. Get it here: *Click below:*

<https://www.amazon.com/Control-Happens-Emomasters-Guide->