

Congratulations for completing this [Selfhelpiness Assessment](#) with utmost honesty. We hope you enjoyed it.

***Disclaimer:** You might have an alternate opinion on some questions. The only motive of this quiz is to ask probing questions and enable you to think deeper.*

*The score doesn't matter here. What matters is how well you understand yourself. Through this assessment, we have just attempted to create an environment where you can explore more about you and help yourself to become an **Awesome Selfhelpian**.*

*We hope that we have been able to fulfill this objective. Please feel free to share your thoughts :)*

Let's understand this assessment and how you can benefit from this.

This assessment provides you overall SQ score and category scores:

1. Thought Process Clarity
2. Action Orientation
3. Feel-Good Factor for Self

The assessment is just like showing a mirror to understand where do you stand right now and how you can improve to become a better version of yourself.

There is a famous saying by Peter Drucker (popularly known as the father of management thinking),

**“If You Can't Measure It, You Can't Improve It.”**

The SQ scores are relative and not absolute.

We'll talk about all 3 categories one by one to understand it better.

## **Thought Process Clarity**

### **Meaning of living a successful, fulfilled or happy life**

In order to develop a true success mindset and live a fulfilled happy life, you need to understand what **SUCCESS and HAPPINESS** mean to you. What's the real meaning of Success and Happiness is for you?

Success or Happiness defined on the wrong parameters will always lead to dissatisfaction and an unfulfilled life.

The parameter for true success must be something that comes from your inside.

- If you are able to become better every single day, that's Success.
- If you are able to stay happy by doing what you love, that's Success.
- If you are able to add value to others' life and feel content, that's Success.

When you know your meaning of Success, you'll stay Happy in every moment.

Earning **fame and money, gaining influence and power**, all these are good and might be essential in certain situations. You should strive for them too.

But that should not be the ultimate parameter of success because it's something external. These are just the by-products and should not be your end goal.

Your end goal must be something internal to you, your inner happiness and joy, doing **something that excites you**, something you are deeply passionate about.

As correctly said in a Bollywood movie, 3 Idiots:

**“Bachcha kabil bano kabil, kaamyabi jhak maar ke piche ayegi”**

**“Strive for excellence and success will follow”**

While doing so, you might fail and not get the expected results. But striving for excellence means to learn from those failures and become unstoppable.

And that struggle for excellence will make you happy because that's what excites you the most.

[When I started my journey, I too failed](#). But when I revisited my definition of Success and Happiness, it made all the difference and I became an [Amazon #1 Best Selling Author](#).

You need to understand what's the most important ingredient to Success?

That's YOU and only YOU.

## **Biggest ingredient to Success**

Resources, knowledge or money, all are secondary. If you have them, that's good but if you don't, that doesn't mean you can't succeed or live a life of your dreams.

Learn to become resourceful and find ways to get knowledge, and that's possible only if you know the fundamental ingredient to Success. And that's **YOU and Your Mindset**, nothing else.

If you understand this, you are destined to achieve whatever you wish to.

## **Clarity about Life**

The more clarity you have about your life, the simpler it is to deal with it. Please note, I said Simpler, not Easier. Things can be simple but they may or may not be easy. That depends on various factors.

But having clarity about what you want to do in life, is crucial. You might not know how to do something, that's secondary and you can somehow find it out.

*For example, if you wish to travel for your vacation. The first thing you need to know is the destination where you want to go.*

*Finding out how you will be going is secondary and you can easily find it out using maps or asking someone who has been there.*

*But if you don't know the destination, you'll land up nowhere. I hope this makes sense to you too.*

Some people argue saying that they want to live life as it comes and they don't want to have any goal in life.

But, deliberately, not having a goal in life is also a goal.

If you want to live like that, then also you need to have clarity about it. You should be aware of what's happening in your life and how you are going to deal with it. You'll have to prepare your mind for that too.

## **Challenges in Life**

All of us have our share of struggles and challenges in life, and we can't avoid them.

If you think that a life without challenges is any time better, then my friend, you need to give it a second thought.

Challenges shape one's life, build one's character and help one grow to become better.

- You enjoy the sweetness of food because you know how saltiness, bitterness or sourness of food tastes.
- You love the comfort of the quilt in winters because you know how it feels to sit on a cold metal bench in winters.

Challenges help you understand the true value of life.

So never ask for a life without challenges, rather **ask for a life filled with challenges and courage in your heart.**

Ask for strength to overcome those challenges, so that when you grow through them, you emerge as someone, you are extremely proud of.

## **Biggest Fear**

Understanding your biggest fear or rather I would say your biggest barrier is very important. Because it will help you figure out with what you have to deal first.

People fear not having enough money or being alone, but what they don't understand is the most critical thing residing inside them.

Your biggest fear should be not being able to fully use your potential. Because once that is being taken care of, everything else will fall in place.

As Jim Rohn says,

*"The biggest problem and the biggest solution you can ever have is YOU."*

So, learn the art of utilizing your capabilities to the fullest and you'll never be scared of anything.

## **True Wealth**

Wealth doesn't always mean having more money. Wealth is something that you are proud of possessing and that helps you live a happy life.

Yes, money is important for survival but it's not the only wealth you must be striving for in your entire life.

Being at peace with your own self is the biggest wealth you can ever have. Then comes good health. Invest time to stay fit and active.

Then comes gaining influence in your community, in your tribe by becoming expert of your field. And after that comes money.

## **Managing Time**

**Time management is** not just about the technique, it's more **about the thought process.**

We all wish to be a Super Ninja who can do everything in a single day. We think of time management as stuffing our schedule with everything. However, true time management is not about adding things to your schedule, rather removing clutter and distractions from it.

And we face challenges in doing so because we don't know the WHY of managing our time.

You can read about it in detail on my blog: [Time Management is BullShit Until You Know This...](#)

## Motivational Talks and Books

Another amazing way to develop a great thought process is to listen to experts and read self-help books.

Nowadays, many so-called intellectuals feel proud in condemning motivational talks and self-help books by labeling them as preachy and crap. Yes, it is total crap, because they don't know how to use it.

Let me ask you a question.

*How often do you eat?*

*Is it like eating once is enough for months?*

*No! That sounds so stupid, right?*

But then how can one expect to stay motivated for life after listening to a talk or reading a self-help book?

These are just tools to help you move forward with one step at a time.

***Motivational talks and [self-help books](#) are meant to give you a little push when you feel low so that you can take action at that very moment.***

It has been proved by studies that motivational talks and books raise serotonin level in your body, the effect of which might last a couple of hours (Yes, it's not permanent).

**Use them like you use your food.** If you want to stay motivated, use them on regular basis. Don't just listen and forget. Listen, imbibe and take massive action.

Nothing will be served on a platter. You'll have to work for it and that's the only truth.

There is no secret key, ***the only ultimate secret is that you have to do it.***

## Action Orientation

If the ultimate secret is to take action, then how can we forget to measure the action orientation of a person.

### How do you spend your time

It clearly speaks about your priorities in life.

*In this age of smartphones and infinite scrolling, people don't even realize that they are consuming something they don't even need.*

Spending hours on social media just scrolling through random posts or purposelessly watching videos on autoplay, is just a waste of your precious currency called TIME.

The less time you waste is equal to more time you create to do valuable things. That's how leaders end up having more time than an average person.

## **Have you changed something in your life?**

Look back and think of at least one change you brought into your life. A change that made your life better. And if you cannot find even one, then buddy, you really need to do something about it.

## **Working on new ideas and executing your plans**

Action orientation can also be assessed by how you respond to new ideas that come to your mind.

We all have the habit of getting too many ideas in our head which we believe can change the world.

And the next day, poof!

All ideas are gone and dusted. New ideas come and the cycle goes on again and again.

Do you find yourself in this category?

Don't worry about too many ideas. Pick any one of them, research about it, invest some time and take some action within a couple of days or weeks. See how it goes.

When you start doing this, your overall mindset will change. You will change from a thinker to a doer. And that will make a whole difference in your life.

We all have strategies and action plans ready but when it comes to executing them, we rarely succeed.

How well you work on your plans and materialize them speaks about your action orientation.

Do less but do it diligently. And gradually, your confidence will increase and you will be able to handle bigger things.

## **Have Rituals**

One way to practice action orientation is making the essential task as your habit, make it a ritual.

Have some ritual or daily habit...

- which is special to you,
- which enhances your creativity,
- which lifts up your mood,
- which helps you appreciate life,
- which helps you acknowledge good things in your life,
- which adds sweetness to your life drop by drop every single day.

There can be a number of such rituals which one can follow but you have to find what suits you the most based on the above-discussed criteria.

Some of the rituals I follow are meditation, doing stretches and reading books.

If you want to know more about meditation, you can read it here: [Meditation To Do or To Be?](#)

## **Reading Books, Learning New Skills and Being with Like-Minded People**

If you are an action-oriented person, you'll not hesitate to make an investment of time and money. An investment in things which help you push through and become better day by day.

Invest in reading good books especially [self-help books](#).

Invest in courses, seminars or workshops to enhance your skills and knowledge.

Be an active part of a community of like-minded people. Meet them, talk to them, learn from them and contribute as well.

If you can't even do that, at least have your inner circle people who think like you and are better than you. Interact with them on regular basis, so that you are always motivated and striving to be better.

Such investments and engagements make you a more of an action-oriented person. You start taking initiatives faster and grow faster.

## **Have a Mentor**

Above all, have some mentor in your life. You don't have to always hire some professional as your mentor.

Identify people who give you the right advice and consult them whenever in doubt. You can have more than one mentor. A mentor can be someone from your family, friends, your teachers or someone you secretly follow, your role model.

## **How do you feel about yourself?**

And how you feel about yourself at this particular moment also determines how far you'll go.

Be grateful for what you have in your life. Believe that you have all the necessary resources and skills, start working on yourself and keep moving.

We all make mistakes, but instead of regretting them, learn from them and become better. Take charge of your life with whatever resources you have right now. You might fail, but that's a part of the game called life.

***That's how you can truly help yourself and become a true Selfhelpian.***

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If you want to discuss more on this idea, you can write an email to me on:

[keshav@selfhelpiness.com](mailto:keshav@selfhelpiness.com)

I would love to hear from you and help with whatever I can.

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Just remember one thing:

***"You have got only one f\*\*\*ing life. Just live it before you regret not doing so. Just live the way you always wished to. Wishing is old fashioned, doing is the new trend."***

Read more on our blog, [selfhelpiness.com/blog](http://selfhelpiness.com/blog)