



**3. Some people are generally very positive and optimistic. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?**

not at all      1      2      3      4      5      6      7  
a great deal

**4. Some people are generally negative and pessimistic. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?**

not at all      1      2      3      4      5      6      7  
a great deal

We will now calculate your result by adding the results of the first three answers. We will then reverse the result number on the fourth question to get the correct number as the question is reversed. If you answered 1, the result you record for the average calculation is 7, if you answered 2, the result is 6, if 3 the result is 5, etc.

After completing this, add up the 4 results and divide by 4 to get your average.

It is a short guide to your overall state of optimism or pessimism.

Write your result next to your name, circle it and tag it "What I consider myself to be."

The next step is to consider how positive (optimistic) or negative (pessimistic) you think that your closest friends and family consider you to be.

**Part Two: How I think I am perceived by others**

**1. In general, I believe I am considered:**

1      2      3      4      5      6      7  
a pessimistic person      an optimistic person

**2. Compared to most of my peers, I believe that I am seen as:**

1      2      3      4      5      6      7  
more pessimistic      more optimistic

**3. Some people are generally very positive and optimistic. They enjoy life regardless of what is going on, getting the most out of everything. To what extent do I think that others see this in me?**

not at all      1      2      3      4      5      6      7  
a great deal

**4. Some people are generally negative and pessimistic. Although they are not depressed, they never seem as happy as they might be. To what extent do I think that others see this in me?**

not at all      1      2      3      4      5      6      7  
a great deal



Thank them for their time, calculate their overall rating for you and record this result in the third column against their name.

Once you have gathered all the results, add the averages and divide by the number of results to get your total average. Do the same for the second column.

At the bottom of the sheet, write three statements:

How I perceive myself: How I think I am perceived: How I am perceived:

Here's an example of what a completed sheet might look like

<b>Peter Positive</b>	<b>My Score:</b>	<b>6.5</b>
<b>Friends &amp; Family</b>	<b>How I think that they perceive me</b>	<b>How they perceive me</b>
Dad	4	6
Mum	6	7
Brother	5	5.5
Partner	5.5	6
Friend 1	6	5.5
Friend 2	5	3.5
Colleague 1	6	3
Average Scores:	5.35	5.21
<b>How I Perceive Myself</b>	<b>How I Think I Am Perceived By Others</b>	<b>How I Am Actually Perceived By Others</b>
<b>6.5</b>	<b>5.35</b>	<b>5.21</b>

In this example, Peter considers himself to be more positive than how he thinks others perceive him, and indeed, they think he is less positive than this also.

His results are not something to worry about, as he's a positive person and is generally considered positive by his peers.

Let us look at Polly Pessimistic's results.

<b>Polly Pessimistic</b>	<b>My Score:</b>	<b>2</b>
<b>Friends &amp; Family</b>	<b>How I think that they perceive me</b>	<b>How they actually perceive me</b>
Dad	4	4
Mum	5	4
Brother	2	3.5
Partner	2.5	3.5
Friend 1	4	3
Friend 2	4.5	2.5
Colleague 1	1	3
Average Scores:	3.2	3.35
<b>How I Perceive Myself</b>	<b>How I Think I Am Perceived By Others</b>	<b>How I Am Actually Perceived By Others</b>
<b>2</b>	<b>3.2</b>	<b>3.35</b>

For Polly it's a different story. She's particularly negative about life, yet, for the most part, her friends and family consider her to be more positive than she considers herself to be.

Your results will give you an indication of how you think you are with yourself, how you think others see you and how you are really seen by others. These are just examples; your own results will be different.

It's an interesting exercise to see what others think of you, compared to how you think of yourself. If you are considered by others to be less positive than you consider yourself to be, you might want to look at yourself again in a new light. It may well be that, even if you are more positive on the inside, when interacting with the outside world, your attitude could be more negative than you might have thought.