

How optimistic is your family?

Choose a child (or yourself) and take this Optimism Quiz.

Do you usually (scale 0 Yes, 1 Sometimes, 2 Not at all). Quiz Score:

14 -16. A raving optimist

10-12. A cautious optimist

6 - 8. A hard-working optimist (i.e. have to work hard at it)

0 - 4. A struggling optimist

What action can I take after undertaking this quiz to be more optimistic?

1. Take blame personally when things go wrong

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

2. Blow negative events out of proportion

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

3. Take personal credit if things go well such as doing well in a test at school or winning a game

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

4. Believe that with hard work or better skills he or she can improve

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

5. Catastrophize things that go wrong at school/home or think bad events are typically large-scale mega disasters

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

6. Usually looks on the bright side of any situation

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

7. Immediately jump to the worst possible outcome if he or she is unsure of something

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

8. Take plenty of learning risks and is not held back by the possibility of failure

Mark only one oval.

	0	1	2	
<hr/>				
0 Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Not at all

Tally your points!

- 14 -16. A raving optimist
- 10-12. A cautious optimist
- 6 - 8. A hard-working optimist (i.e. have to work hard at it)
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