

## How I View My Self in the World

The following questions are designed to assess how you view your successes and failures in life. Please carefully read each item and rate how descriptive each statement is of you on the following scale : (1 = very un-descriptive of me) (2 = un-descriptive of me) (3 = somewhat un-descriptive of me) (4 = neither descriptive nor un-descriptive of me) (5 = somewhat descriptive of me) (6 = descriptive of me) (7 = very descriptive of me).

	UD	D		UD	D
1. I feel that I am an optimistic person.	(1) (2) (3) (4) (5) (6) (7)		21. I can control my future.	(1) (2) (3) (4) (5) (6) (7)	
2. I am a lucky person.	(1) (2) (3) (4) (5) (6) (7)		22. I feel that my future is "written in the stars".	(1) (2) (3) (4) (5) (6) (7)	
3. I feel that I control my own happiness.	(1) (2) (3) (4) (5) (6) (7)		23. I think that fate places me in certain situations at certain times.	(1) (2) (3) (4) (5) (6) (7)	
4. My friends consider me to be a good friend.	(1) (2) (3) (4) (5) (6) (7)		24. I believe that my choices have no real impact on my life's direction.	(1) (2) (3) (4) (5) (6) (7)	
5. I will be successful in life.	(1) (2) (3) (4) (5) (6) (7)		25. If something good or bad happens to me, it happens because it is supposed to and there is nothing I can do to change that.	(1) (2) (3) (4) (5) (6) (7)	
6. I have many things to be grateful for.	(1) (2) (3) (4) (5) (6) (7)		26. It is my choices and decisions that determine the course of my life.	(1) (2) (3) (4) (5) (6) (7)	
7. I have a lot to offer others.	(1) (2) (3) (4) (5) (6) (7)		27. I believe in free will.	(1) (2) (3) (4) (5) (6) (7)	
8. I surround myself with only positive people.	(1) (2) (3) (4) (5) (6) (7)		28. Whatever happens to me, good or bad, happens because of the choices I make.	(1) (2) (3) (4) (5) (6) (7)	
9. I feel that I earn what I receive.	(1) (2) (3) (4) (5) (6) (7)		29. I can make anyone like me.	(1) (2) (3) (4) (5) (6) (7)	
10. I control my own fate.	(1) (2) (3) (4) (5) (6) (7)		30. I feel I can succeed at anything.	(1) (2) (3) (4) (5) (6) (7)	
11. Persistence and hard work lead to success.	(1) (2) (3) (4) (5) (6) (7)		31. I can overcome all obstacles.	(1) (2) (3) (4) (5) (6) (7)	
12. I can overcome any adversity.	(1) (2) (3) (4) (5) (6) (7)		32. No matter how hard I try, life will not let me get ahead.	(1) (2) (3) (4) (5) (6) (7)	
13. I think it is okay to wish and believe in fate.	(1) (2) (3) (4) (5) (6) (7)		33. No matter how hard I study, I will probably not get good grades.	(1) (2) (3) (4) (5) (6) (7)	
14. My choices have little impact on what happens to me.	(1) (2) (3) (4) (5) (6) (7)		34. I cannot control my fate.	(1) (2) (3) (4) (5) (6) (7)	
15. My future is not in my hands.	(1) (2) (3) (4) (5) (6) (7)		35. I wish I was someone else.	(1) (2) (3) (4) (5) (6) (7)	
16. I fail more often than I succeed.	(1) (2) (3) (4) (5) (6) (7)		36. I never get what I want.	(1) (2) (3) (4) (5) (6) (7)	
17. There is an ultimate decision maker in charge of the entire universe.	(1) (2) (3) (4) (5) (6) (7)		37. Bad things always happen to me.	(1) (2) (3) (4) (5) (6) (7)	
18. One can not do anything unless it is predetermined by fate.	(1) (2) (3) (4) (5) (6) (7)		38. I am a lucky person.	(1) (2) (3) (4) (5) (6) (7)	
19. A predetermined fate is decided before birth for each individual.	(1) (2) (3) (4) (5) (6) (7)		39. I have a good future ahead of me.	(1) (2) (3) (4) (5) (6) (7)	
20. Changing an event in time will change the fate of an individual.	(1) (2) (3) (4) (5) (6) (7)		40. I succeed at everything I do.	(1) (2) (3) (4) (5) (6) (7)	