



REZONATE

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Design Your Destiny

EVALUATION QUESTIONNAIRE

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About 2 500 years ago, Socrates said the most important thing in life was, "Know Thyself". This statement is just as important today as it was then. Most of us have the tendency to take ourselves for granted; and it's tragic but true that the majority of people grow up and die without ever tapping the hidden powers of themselves.

- On the following pages are various categories of statements to help you gain insight into your deepest, essence self.
- Your personal information will remain confidential
- There are not right or wrong statements – just different ways seeing things.
- Be as honest as you can to gain an accurate picture of yourself

When you go to meet your Maker you will not be asked why you didn't save the world or invent a cure for AIDS. You will only be asked why you didn't become more fully YOU when you were given all the potential. Leo Buscaglia

FIRST NAME:

SURNAME:

ORGANISATION:

MOBILE:

TEL. NO:

E-MAIL:

DATE OF BIRTH:

DATE:

VALUES

On the following 2 pages there are 5 value categories and each category is worth a total of 10 points.

Within each category there are 7 statements.

Allocate the 10 points according to your estimated value of each statement.

Example:

> You may decide that statement 1 is worth 3 out of 10; statement 3 is worth 5 out of 10 and statement 6 is worth 2 out of 10.

The totals of 3, 5 and 2 indicate that you have allocated all 10 points in this particular category.

> On the other hand, you may decide that there is only one statement worth considering and allocate all 10 points there.

Category 1: WORK

In the workplace I am successful when.....

	score
1. ...I am given clear directions and change is implemented carefully, taking the whole group into consideration.	
2. ...I am respected because of my powerful ability to take control of people and situations.	
3. ...the organisation is committed to following the rules and where loyalty and obedience are rewarded by job security and promotion.	
4. ...I work in a competitive environment where my hard work and knowledge of technology is rewarded by outstanding success.	
5. ... when we work in groups where harmony, consensus and team spirit are highly valued.	
6. ...my intuitive, visionary and integrative abilities are utilized in a non-competitive environment.	
7. ...I manage all projects with the understanding that financial provision is supported by the universal laws of abundance.	

Category 2: HEALTH

In issues of health I believe.....

	score
1. ...that the use of our traditional cures/recipes are often most effective.	
2. ...in developing my physical toughness to remain healthy.	
3. ...that absolute cleanliness is essential to avoid illness caused by germs and viruses.	
4. ...one must make use of the latest developments in health science and research. If you need a doctor, pay and see the best.	
5. ...that alternative, natural healing strategies have the greatest value.	
6. ...in the holistic approach which incorporates conventional as well as complimentary/ alternative medicine for the best result.	
7. ...healing has to do with re-aligning the energies of the body with cosmic truth.	

Category 3: ENVIRONMENT**I see the environment as...**

	score
1. ...a complex and dangerous place where we survive best by standing together and supporting one another.	
2. ...something that must be conquered to reflect my power and superiority.	
3. ...a safe and secure place when everybody obeys the rules of civilization.	
4. ...a resource for commercial development which will bring progress, improve the bottom line results and thereby bettering our standard of living.	
5. ...something which has to be protected by my taking action in cases such as child abuse, saving the whales and ruthless plundering of our natural heritage.	
6. ...an alive, interdependent, integrated system where resources must be managed responsibly by the authorities, individuals and business to ensure human survival.	
7. ...being in tune with large scale planetary concerns, where the earth is nurtured and balanced to preserve life for the purpose of universal evolvement.	

Category 4: HOME**I believe that my home/family.....**

	score
1. ...works best when some social tasks are done by women and some by men. Clear role task give direction and security.	
2. ...works best when my authority is accepted; what I say goes.	
3. ...is happiest when the rules are clear and everybody honours them.	
4. ...must be provided with the very best in order to achieve the heights of success.	
5. ...needs a natural environment which is beautiful, providing serenity and upliftment for the full flowering of our close relationships.	
6. ...should reflect an environment of calm acceptance where responsible choice is more important than strict discipline.	
7. ...is a place where all the members strive towards deep inner harmony which supports the understanding of and respect for all life.	

Category 5: LIFE/BELIEFS**I believe life, ideally, works best when.....**

	Score
1. ...we carefully preserve the traditions, rituals and customs of our group; it protects us from a dangerous world.	
2. ...I can prove my power through feats of strength, intelligence or daring conquest.	
3. ...people have strong moral convictions and adhere to the rules/ structures of society.	
4. ...for those who strive towards success, using all opportunities to gain influence and prominence.	
5. ...we address the real issues of life: "why are we here" and " how can we live together in harmony, forming close and caring relationships.	
6. ...spiritual growth is pursued in creative and unconventional ways.	
7. ...we understand and practise the interconnectedness of nature, social relations, evolution and business.	

COLOURS:

On the following pages are a number of statements. Consider them and mark the relevant column in accordance with your level of agreement (cross or tick):

- 1 = no agreement / not me at all
 2 = some agreement / sometimes me
 3 = strong agreement / usually me

ONE

	1	2	3
1. I support the principle of "One for all, all for one".			
2. My people (family, tribe, group or gang) are everything to me. I couldn't exist without them.			
3. I feel better when I am given clear and definite directions on what to do.			
4. I believe women and men should have defined social tasks – clear role tasks give direction in life.			
5. There are certain groups that cause all the trouble.			
6. I like to preserve traditions and customs. I like to observe seasonal festivals and to protect our close-knit group.			
7. Our circle is strong as we work together and take care of our own in a dangerous world.			
8. I believe in and make use of things like teacup readings, crystal balls, forecasting rituals.			
9. I need just enough money to keep food on the table and to pay the rent.			
10. I don't like change at all. I prefer keeping things as they are.			

TWO

	1	2	3
1. I am a person that loves power, lives for the moment, likes to be respected for feats of strength, intelligence or daring conquest.			
2. People respect me because I am tough.			
3. Respect and reputation is of great importance. So you do what it takes to avoid being put down.			
4. Threatening people is an effective way to get what you want.			
5. Physical force is sometimes necessary.			
6. I believe it is every person for his/herself			
7. Right now is all there is, so I'll do what makes me feel good.			
8. I absolutely insist on my right to be me.			
9. I dislike having my authority questioned; what I say goes.			
10. People who believe in fairness and justice don't know what the world is really like.			

THREE

	1	2	3
1. I have a deep knowing that theological laws of nature apply throughout all universes, known and unknown.			
2. The cosmic order of things and reality are revealed in my unitive, integrative thinking.			
3. I am deeply connected to all humans by a universal spiritual bond that transcends colour, race and gender.			
4. The negativity that I experience results from using creative forces negatively – the connectedness of cause and effect.			
5. Reality can be experienced, but never known.			
6. I practice a spirituality that is not necessarily related to a specific church or religion.			
7. I have a thirst for spiritual integrative understanding and a passionate desire to contribute towards improvement of international conditions.			
8. Healing has to do with re-aligning the energies of the body with cosmic truth.			
9. I practise shifting to altered states of consciousness to be pro-active and restore my energy.			
10. I sense the interconnectedness of evolution, nature, business and science in my contemplation of quantum laws of being.			

FOUR

	1	2	3
1. I choose a job where loyalty earns greater job security and we are treated fairly.			
2. I see myself as a person with strong moral convictions, patriotic, a true believer.			
3. I prefer an organisation that treats everybody by the same rules and is committed to going by the book.			
4. Pay and rewards should be determined by loyal service and obedience to authority.			
5. An ideal world is a place where righteousness triumphs over evil and the faithful receive their just rewards.			
6. I stand fast for what is right, proper and good; I follow appointed pathways.			
7. You have to be extremely careful about germs and viruses. They cause illness. Cleanliness is next to Godliness			
8. People should know their place.			
9. When I'm sick I do what the doctor says.			
10. I believe in right and wrong and good and evil. If you don't follow the rules, you will be punished.			

FIVE

	1	2	3
1. I see the world as an integrated system driven by differences, moving from chaos to order, generating new differences in a continual process of change.			
2. I believe in taking total responsibility for all that happens to me. All the things that are happening in my life is part of creating my reality. I am responsible for it all.			
3. I thrive on paradoxes and uncertainties.			
4. When chaos comes to order in the process of change, I believe it is necessary to shift the goalposts when necessary. What was right yesterday may not be right tomorrow.			
5. I accept the paradox that both excessive structure and lack of principle frustrate me.			
6. I enjoy living at the meeting point between known and unknown where creativity and innovation abounds.			
7. Competition is not for me. I cannot be motivated by competing with others.			
8. Being at the edge of inspiration and functionality is extremely important to me.			
9. I have been called an eccentric. I have my own beliefs that are often counter to the main culture – I live in freedom making new choices as new circumstances deliver themselves.			
10. I usually rely on my intuition and gut feelings when deciding on action required.			

SIX

	1	2	3
1. I believe that we all brothers and sisters on this planet.			
2. I often wonder about the meaning of life.			
3. My emotional relationships are intensely involving.			
4. I love animals, sometimes they seem like better friends than people do.			
5. I believe that we have to stand together to protect the environment.			
6. I will gladly go over to action to protest for what I feel is right, e.g. abuse of children, save the whales, river pollution, etc.			
7. I believe there is much unfairness in the world and that I should work to correct it.			
8. My life tasks are dedication to human causes that work to reduce hunger, ignorance, racism and violence.			
9. The workplace should be non-competitive and built on consensual teamwork.			
10. I sometimes help too much. Giving fish instead of teaching how to fish.			

SEVEN

	1	2	3
1. Life is full of endless possibilities and opportunities for those willing to take some calculated risks.			
2. First impressions are everything. You have to put your "best foot forward".			
3. Scientific evidence proves our ability to use nature to create a better life on earth.			
4. If you're going to see a doctor, pay and see the best.			
5. I value material possessions and technology, and I want success.			
6. Life is about competition. You have to be the best to get to the top.			
7. I like to work very hard, as I want to reach my goals and get ahead in life.			
8. I want to look my best. Having the best of everything proves my success.			
9. I believe in progress. Free enterprise and commercial development should be encouraged at all costs.			
10. We hold dominion over all things and must use natural resources to improve the bottom line results.			

PERSONALITY TYPES:

TYPE: S

	1	2	3
1. I am always considerate of the needs of others and like to be of service			
2. My life revolves around doing things for people to show my care			
3. I prefer to deal with people on a one-to-one basis rather than groups			
4. I like working behind the scenes – particularly for a good cause			
5. I can work well under a leader because I prefer knowing exactly what I have to do			
6. I don't like open conflict and take great pains to avoid it			
7. I put the needs of others before my own – I walk the extra mile for them			
8. While most people like a smooth and happy environment, I go out of my way to create it for them			
9. Sometimes I don't communicate my needs very well – I hint and wait			
10. I feel that asking questions may rock the boat, so I often just don't ask			

TOTAL:

TYPE: I

1. I am often an inspiration to others in spiritual matters or higher learning			
2. I believe people should develop their full potential and I become fully involved in moving them to do so			
3. I am intense, lively and have high energy levels			
4. I consider myself idealistic, I know how things ought to be ideally and have vision on how to get there			
5. I am sometimes impulsive and quick in my decision-making process			
6. I bring my inspiring message in a compassionate and caring way			
7. I have a strong sense of 'mission' to get other to look at deep issues			
8. I retreat into myself to contemplate issues, using imagery to gain insight			
9. I am concerned in taking highest truths to all people – even outcasts			
10. I pressurise others to change, get things done			

TOTAL:

TYPE: C

	1	2	3
1. I am honest, with strong principles which cannot be questioned			
2. I say what I think, I don't beat about the bush			
3. I don't give in easily, I stick to my guns			
4. I like to win my own battles			
5. I am strong on strategy and tactics; people therefore tend to accept what I say			
6. I am goal orientated in a focussed, purposeful way			
7. I like to get things done and take the necessary action			
8. Sticking to clear rules and regulations make life easier for everybody			
9. I am very practical and 'down to earth' – hands on			
10. My opponents had better watch out, I don't give up the ball easily			

TOTAL:

TYPE: G

1. I master all problems as I have an immediate grasp of every situation			
2. My advice is trusted and taken because I understand how things work			
3. I am excellent with delegation – like a general with troops			
4. People say I am charismatic and commanding			
5. I am a perfectionist - I tend to get irritable when things are not done to perfection			
6. Some say I am arrogant because I demand service			
7. I carry myself regally, with an air of authority			
8. I have strategic vision and can tell others what they should do to achieve it			
9. Sometimes it is said that I have too strong an ego – but I know my own worth			
10. I am highly respected because I am seen as extremely competent			

TOTAL:

TYPE: O

1. I am known for my objectivity, I remain impartial, taking notes of all sides			
2. I would go to great lengths to gain new knowledge or insight into my topic			
3. I enjoy data collection and am quick at seeing how it all fits together			
4. I am very thorough and absolutely insist on doing things in a very detailed way			
5. I am thoughtful, quiet and not given to wild emotions			
6. It irritates people that I save potentially useful things – I dislike throwing things out			
7. I have a way of organising information which makes it useful for others to use			
8. I use words exactly and precisely and have an extensive vocabulary			
9. At home I'm a collector of things: books, tools, recipes, shells, comics, toys, etc.			
10. I often find myself giving much more information than is needed. My topic is just so interesting!			

TOTAL:

TYPE: CO

1. I thoroughly enjoy all forms of communication – from discussion to facilitation			
2. I have broad ideas and like people to know about them			
3. I am good with sharing information with groups of people in a friendly and colourful way			
4. I often find myself the centre of attention without intending it			
5. People find it hard to get the better of me in a debate or argument			
6. I enjoy giving people insight and understanding into the issues at hand, but would find it difficult to handle if I'm misunderstood			
7. I am optimistic, light-hearted and I laugh a lot			
8. People say I am either long-winded or charismatic			
9. Occasionally I tend to exaggerate for impact or to make my point			
10. I am clever with words and often said to be witty			

TOTAL:

TYPE: IN

1. I am a bit of a loner, often enjoying my own company			
2. I like designing new things, putting things together in a new or different way			
3. I like variety and diversity – I enjoy doing different things, even at the same time			
4. I see ways to change and improve things – I often bring change to my environment			
5. When become totally involved in projects – sometimes losing track of time			
6. I dream extraordinary dreams – which I seem to be able to use in practical ways			
7. Large groups of people are not for me			
8. My mind is full of ideas – I am considered to be very innovative			
9. Theories are not good enough – I explore new possibilities in a concrete way			
10. Finishing a worthwhile project means paying attention to the smallest detail			

TOTAL:

PERSONALITY ASPECTS: 2 columns – please answer both

- 1 = no agreement / not me at all
 2 = some agreement / sometimes me
 3 = strong agreement / usually me

I am more inclined towards (being) :

LEVEL A				LEVEL B			
	1	2	3		1	2	3
1. Strong willed				1. Seeking good causes to render service			
2. Forceful				2. Sensitive to other's needs			
3. Lay down the rules				3. Devoted to cause - church, club, welfare, human rights, etc			
4. Decisive				4. Dutiful			
5. Demanding				5. Unquestioning service			
TOTAL:				TOTAL:			

LEVEL C				LEVEL D			
	1	2	3		1	2	3
1. Perfectionist				1. Agreeable, easy going			
2. High standards & expectations				2. Accepting of others			
3. Want only the best				3. Light-hearted			
4. Extremely orderly				4. Approachable & friendly			
5. Meticulously careful with things				5. Difficulty with self-acceptance			
TOTAL:				TOTAL:			

LEVEL E				LEVEL F			
	1	2	3		1	2	3
1. Always reassessing own outlook				1. Scared of missing something			
2. Unassuming, simple lifestyle				2. Intense & inspiring			
3. Sometimes withdrawn, reserved				3. Eagerness for self-growth & evolvment			
4. Contemplative				4. Driven by too many choices			
5. Seek deeper levels & patterns of existence				5. Life has many challenges & obstacles			
TOTAL:				TOTAL:			

LEVEL G			
	1	2	3
1. Go with the flow – no resistance			
2. Tranquil - content with life			
3. Not ambitious			
4. Not trying to make things happen - unperturbed			
5. Enjoy doing nothing, taking no risks			

MODUS: 2 columns – please answer each column and all questions.

1 = no agreement / not me at all
2 = some agreement / sometimes me
3 = strong agreement / usually me

MODUS 1

MODUS 2

	1	2	3		1	2	3
1. Weighing up carefully before taking any risks				1. Lots of self-confidence –come on strong			
2. Diplomatic & calm				2. Take the lead with an air of authority			
3. Control expression				3. Influential			
4. Look-before-you-leap				4. Lots of 'go'			
5. Very cautious				5. Powerful & commanding			

MODUS 3

MODUS 4

1. Very restrained				1. Lively & excitable			
2. Contain emotions				2. Passionate			
3. Introverted				3. Spontaneous			
4. Cool courteousness				4. Inspire others with enthusiasm			
5. Withdrawn/inhibited				5. Intensely alive – able to grasp and enjoy the moment			

MODUS 5

MODUS 6

1. Persistent & solid				1. Bold & restless			
2. Unswerving				2. High energy levels - potent			
3. Persevering –'hang in there'				3. Action orientated			
4. Endurance over hardship				4. Adventurous			
5. Very determined				5. Bold & full of life			

MODUS 7

1. Alert, sees it all			
2. Cool, calm and unruffled			
3. Consider carefully before acting			
4. Watch and absorb			
5. Aware & insightful			

TOTAL:

PERSONALITY FEATURES**1 = no agreement / not me at all****2 = some agreement / sometimes me****3 = strong agreement / usually me**

Decide on your level of agreement for the following characteristics based on how you are most likely to react under pressure.

FEATURE 1

	1	2	3
1. Although I am seen as competent, I am a little shy and awkward			
2. I believe I have to make good impressions on people. First impressions last			
3. I hate to be compared to other people because I hate to be found wanting			
4. Even when things are not going well, I'll keep up a good front. After all, the show must go on, mustn't it?			
5. I hold myself in a cool and unreachable position and even though it may be difficult to know me, it is safer this way			
6. I tend to work a lot harder than most as this is a good way to prove my excellence and be noticed			
7. Being publically humiliated is worse than death. I will do anything to avoid it			
8. I find that I shy away from attention even though I secretly want it			
9. When I'm criticized, I simply withdraw			
10. Although I'm often embarrassed and uncomfortable, I will not let it show			

FEATURE 2

1. I often doubt my own abilities and feel inadequate			
2. I don't care much about dressing smartly. It is OK to be a bit sloppy			
3. I know I have talents but somehow are unable to develop them			
4. I am very hard on myself, very critical			
5. There are things I would like to do but doubt myself.			
6. Satisfying relationships are a problem for me because I have difficulty setting boundaries			
7. I often feel I don't deserve compliments or praise			
8. Feeling disheartened makes me think I can never win			
9. I typically let others take the lead even though I know I have the ability			
10. I am often humble and apologetic in conversations, e.g. "I guess I don't know much, but....." or "this may not be worth much, but....."			

:

FEATURE 3

1. I keep moving from one teacher to another, seeking deeper meaning			
2. Having many possessions is a step towards security			
3. I often feel like I'll never find what I'm looking for			
4. Often I lose the battle and indulge myself and later I feel bad and guilty			
5. I often dream of having all I want of something			
6. I worry that I will end up with nothing, so I pursue my desires with intensity			
7. I can't get what I really want in life so I'll take what I can get instead			
8. I often think the grass is greener somewhere else. Things must be better there			
9. It feels like there is a hole somewhere in me and If I can find the right thing, I can fill it			
10. When I feel a craving, I try to control myself, but it is very difficult			

FEATURE 4

	1	2	3
1. I like to be in control, that is the only way I feel safe			
2. Life is very painful and I sometimes think it would be better if I'm not around			
3. Taking big risks is part of my life: driving fast, trusting wrong people, being in dangerous places			
4. The thought that I won't live long often occurs to me			
5. My past is filled with broken agreements and unfulfilling relationships			
6. I often set goals to start my life over. Somehow it never works.			
7. Life's a bitch. Bite first. That gives you control			
8. If I believe in a cause, I would willingly sacrifice my life			
9. Life is painful – one must do whatever it takes to ease the suffering			
10. I often find I can control situations through anger or withdrawal			

FEATURE 5

1. I often think that I'm missing out on things			
2. "Killing two birds with one stone" is something I often do			
3. Some people take 'forever' to do things which I can do in much less time			
4. I can blow my top when some slow drivers cause blocks in traffic			
5. I am usually hurrying people along			
6. I get very frustrated when my family is slow in getting ready			
7. Waiting in queues can cause me to boil inwardly			
8. I often have the feeling that I am 'pushing the river' or 'stripping my gears'			
9. I finish people's sentences for them			
10. I often feel pressurised and a little frantic inside			

FEATURE 6

1. My life seems to be harder than most. Things go wrong for me more than for others			
2. I suffer a lot. There is not much pleasure in my life			
3. Although I often have a hard time, I don't get a lot of sympathy from others			
4. Some people really make things difficult for me			
5. It is not my fault that I suffer so much. People just don't care any more today			
6. I get upset when people say I am free to do what I wish. They don't understand my circumstances			
7. I find it difficult to say no when people ask me to do things for them			
8. The more I do for people, the more I have to do. It never stops			
9. I often feel people don't know exactly how much I do for them. They take me for granted			
10. I hardly ever get my own needs met and secretly I resent this			

FEATURE 7

	1	2	3
1. I have a lot of perseverance and determination in overcoming obstacles			
2. I believe in the phrase: "when the going gets tough, the tough gets going"			
3. I sometimes reject good advice only later to regret it – privately			
4. I can't stand it when people tell me what to do or how to behave			
5. Nobody can change my mind. If anybody changes it, it will be me			
6. I often hear that I don't listen to people			
7. I have found that I sometimes block my own progress by digging in my heels			
8. It's hard for me to give in, even when I know I may not be right			
9. I can be very persistent in the face of challenges			
10. When change is necessary, I like to be acknowledged and be in control			

THOUGHT PROCESSES

1 = seldom

2 = sometimes

3 = almost always

THINKING TL

	1	2	3
1. Do you insist on having reasons for all you do?			
2. Do you analyse situations or problems in fine detail?			
3. Do you think and remember in words (as opposed to images)?			
4. Do you enjoy and have fun preparing talks or speeches?			
5. Would you say that you are an extremely logical person?			
6. Is working with numbers enjoyable to you?			
7. Do you prefer proven information to theories?			
8. Are you usually in control of your emotions?			
9. Are names, facts, telephone numbers easy to remember			
10. Are you good with statistics?			

THINKING LL

1. Given the choice between graphs or full explanatory notes would you choose the NOTES?			
2. Are clearly set out rules and structure important in you home life? E.g. Children home at a certain time, dinner served on regular hours			
3. When you set goals, do you also plan all the steps on how to achieve them?			
4. When managing a project, do you find it satisfying to attend to every detail?			
5. Do you usually have a very structured system for doing things?			
6. Is punctuality very important to you, both at work and in your personal life?			
7. If you could choose, would you choose to work in an hierarchical structure (where you know who is above/below you and where the authority lies)?			
8. When dealing with a problem do you cope by breaking it into sections (one step at a time)?			
9. In a discussion or argument, do you tend to find an authority to support your point e.g. 'according to this book I read...Or 'Einstein proved that...?'			
10. When discussing a proposal do you prefer to have concrete examples and evidence provided, finding it difficult to imagine things that can't be seen?			

THINKING TR

	1	2	3
1. Do you enjoy any of the following (only enjoyment) any form of craft work, art, sculpting or jigsaw puzzles?			
2. Would you say that you often have flashes of inspiration –“aha” moments?			
3. Are you interested in getting ‘the whole picture’ rather than being concerned with small detail?			
4. Do you often have ‘gut feelings’ or hunches and follow them?			
5. When thinking about things, do you think in images (rather than words)?			
6. Is your imagination constantly busy creating new possibilities?			
7. Do you find yourself responding to different colours in different ways?			
8. Are you able to synthesize loose standing concepts into a unified whole?			
9. Do you choose & enjoy being busy with a number of things at the same time?			
10. When deeply involved in a project, do you sometimes lose track of time?			

THINKING LR

1. Are you able to understand how people feel through their body language?			
2. Would you challenge the rules because you think it is the right thing to do?			
3. Do you enjoy taking risks?			
4. When arguing, do you tend to get emotional and push things round, pound the table, talk louder/yell?			
5. Do you prefer to do things spontaneously rather than planning them?			
6. Would you consider yourself to be a talkative person? Good with expressing ideas?			
7. Are you good at recalling faces, not so much names?			
8. Are you happiest when working with people?			
9. Is group interaction important to your well-being?			
10. Do you often know the tunes of songs, but not the words?			