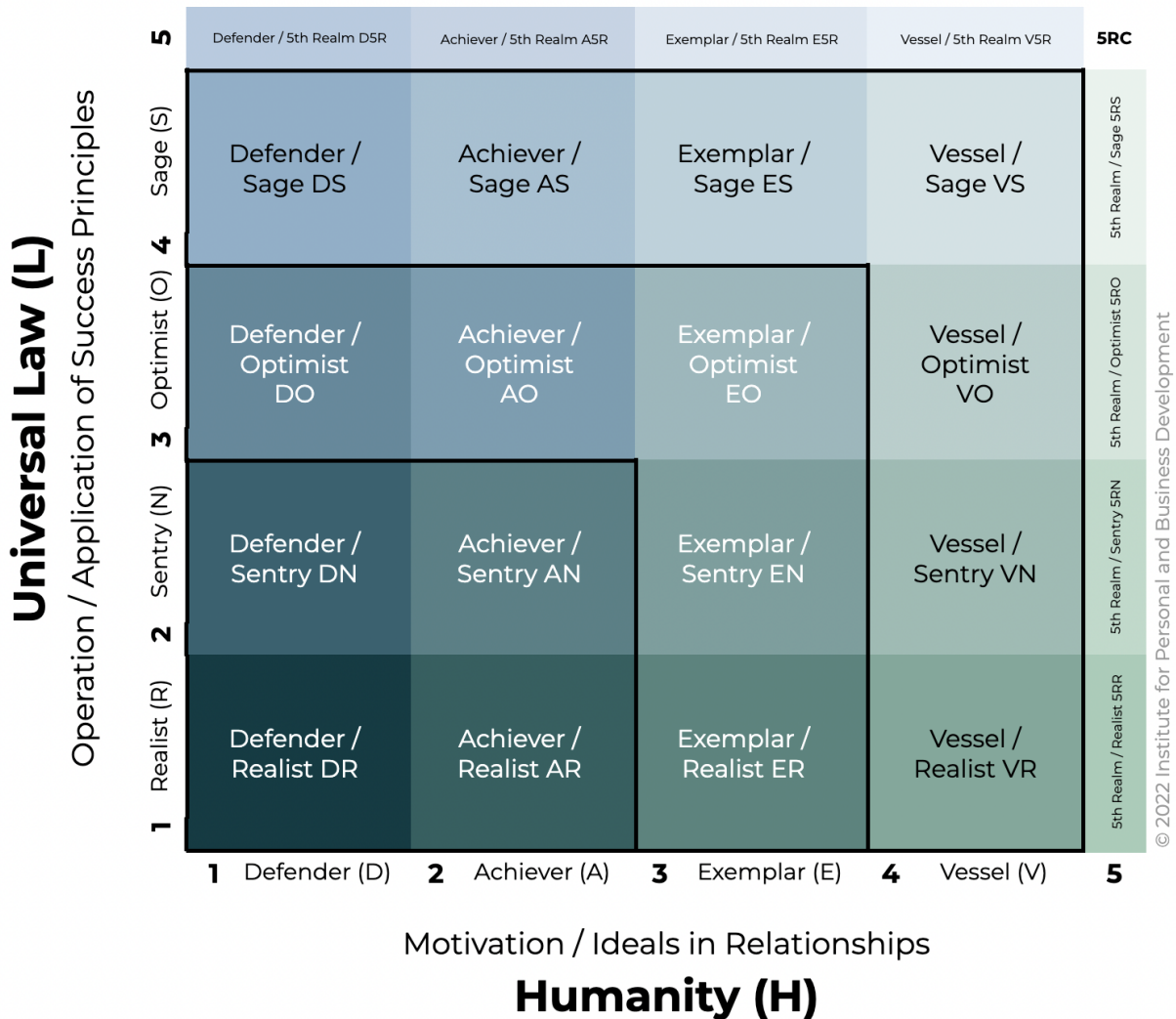


Your Mindset Quotient Test Full Analysis

DEFENDER/OPTIMIST



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Defender/Optimist (DO)

Points (H) 0.00-1.99, (L) 3.00-3.99

Protector, reactor, bright, inspiring

Overview - Like the favorite parent in the neighborhood. Protective, and playful.

Strengths - Loyal, patient, pragmatic, responsible, cheerleading, inspired, inspiring, creative, imaginative inventive, insightful, enterprising, innovative, perceptive, clever, talented, gifted, resourceful, discerning, sharp.

Driven by - Need, control, believing in a dream (even if it never comes), and being happy, focused on persistence or hope.

Combination Analysis - The Defender in you has a sixth-sense about others' intentions, and you may be sensitive, sometimes to a fault. Your keen observation skills sometimes get in the way of seeing what's possible, and you may resist change, especially when it is imposed by someone else. The struggle with fear may be running in the background - a fear of loss, fear of falling short, or fear of change. You value stability and predictability in relationships.

When threatened, you are quick to react, either by going quiet to de-escalate a conflict, or by fighting to end the conflict as soon as possible. In either case, you need things to be resolved quickly. There is no in-between for the Defender. It's your deep need for things to be the way they should be that keeps you from responding only half-way.

The retreator version of the Defender may be accused of being too sensitive, or for playing the role of a martyr. The fighter version of the Defender may be criticized for being brash, blunt, or too demanding. In either case, it is the potential threat to your identity and safety in your relationships that may cause you to retreat, deflect, deny, or blame an accuser. Both responses show a deep need to protect who you are and what's yours, because you've worked too hard to survive this far.

Because you often find yourself living in survival mode, your default objective may be to preserve the status quo, even if it's undesirable.

Despite all this running under the surface, you are a joy to be around! You've worked hard to fine-tune your thinking because you know how important it is. You're a high achiever and a cheerleader. Your idealist personality inspires others. You have big dreams, and are rarely idle. When you do allow yourself a break, it's easy to feel guilty that you're not doing more. You're imaginative, enterprising, intuitive, and resourceful, but sometimes you struggle to utilize that rare kind of faith that causes things to happen, especially the ones that are beyond your natural control.

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Sometimes you're not sure why your optimism hasn't caused things to improve more quickly. You're good at practicing all the positive thinking tips, but you often feel stuck, having not yet realized the changes that matter most to you. You would like to be more naturally tenacious and faithful. Deep down you want to believe there is unseen help, but sometimes it's hard to recognize if any help is really happening.

Even when you deal with stress, you can usually manage to get it under control. When dealing with fear or anxiety, you're able to shift gears back to optimism with some effort. You believe that anything is possible, and your actions show it.

You set lofty goals, and hold expectations for their accomplishment with a fair amount of mental tenacity, even if that determination is not reflected in your actions.

When things get worse instead of better, you believe that you can turn things around with more learning, or more intense positivity. When things go wrong, you can usually find a silver lining in the cloud, and you trust that this thought-habit will pay off in real results, eventually.

Each interaction with others is a potential opportunity to make progress toward your goals, and you strive to make the most out of every situation. Even though optimism is your chosen habit, waiting for the desired results can sometimes feel exhausting.

Staying positive all the time can be difficult, but it doesn't keep you from striving to live that way. Sometimes, however, you do wonder how long it will take before you'll finally experience the big results you've been longing for.

Other Common Attributes of the Defender/Optimist:

- Observant and aware of other's reactions and feelings.
- Excellent/detailed memory for what is important to others.
- Quick to adjust to any surrounding with a sense of the environment's functions and how to best use them.
- Reliable for follow through and completion of tasks.

- Grounded, practical, and dependable.
- Does not like working with abstract thought or theory.
- Finds it difficult to do things that don't make sense to you.
- Appreciates tradition, security, and living a peaceful life.
- Naturally focuses on what people need and want.
- Considerate, kind, and thoughtful.
- Inclined to put the needs of others above your own.
- Learns best in environments where people are supportive of one another.
- Takes responsibilities seriously.
- When others are attacked, you feel the need to protect.
- Feels that values and principles are more important than ideals and standards.
- Willing to do almost anything necessary to deliver on a promise.
- Tries to be as generous as possible with loved ones but is sometimes left feeling taken for granted.
- Friendly, affirming atmospheres fill the soul with meaning and happiness.
- When it comes to your goals or desires, you usually see yourself as someone who will accomplish them, eventually.
- The people in your life do not always hear and understand you, but that doesn't stop you from pursuing your goals.
- New ideas come often and easily to you but sometimes you struggle to follow-through.
- You are quick to adjust your mindset when the potential for negative outcomes arise, and you wish others around you would do the same.
- Your vision for the world and how to make a difference for others is ever evolving.
- You are not triggered easily by stressful situations, but when you are, you recover quickly.
- You wish you had more freedom to make your life the way you want it to be.
- You may be mostly free from past emotional trauma, and you deal pretty well with that which does get in the way.

Possible Blind Spots - You may be overly blunt, or demanding. Your popularity may be based more on how you are perceived by others than in reality and how you really feel about yourself. On a bad day you may be tempted to put someone in their place, but the optimist in you keeps the tendency in check. Your optimism is appreciated, but sometimes it lends to unproductivity. Be watchful that you are not careless in your time management, because without concerted effort, your results will suffer. Both the defender and the optimist believe that if something needs to get done, they will have to do it themselves, so the combination of the two only amplifies this

perspective. As such, having this mindset type can prevent you from seeing the additional resources and help that is available now and ready to support you in your growth and success. New ideas may come often and easily but make sure you use your strengths to help you overcome the struggle you may have with following-through.

One who grows beyond the Defender/Optimist stage of development will attest to the following:

There are more resources and support available than what we can see. Sometimes it takes a mentor to help a person discover it, as illustrated in the movie *Searching for Bobby Fischer*:

“Look deep, Josh. It's there. It's twelve moves away, but it's there. You've got him.” – Bruce Pandolfini

Ever wonder what you're not seeing?

Change your score, change your life!

Learn about the other mindset types [here](#).
(<https://mindsetquotienttest.com/results-extended>)

“Where do I go from here?” - Learn how to harness the power of your optimism to experience real, measurable results, and discover how to leverage your sixth-sense to create more security for your family. Return to the website and explore our [recommended resources](#) (<https://mindsetquotienttest.com/extended-results-do/>) or get the [FREE ebook here](#) (www.jackrabbitfactor.com).