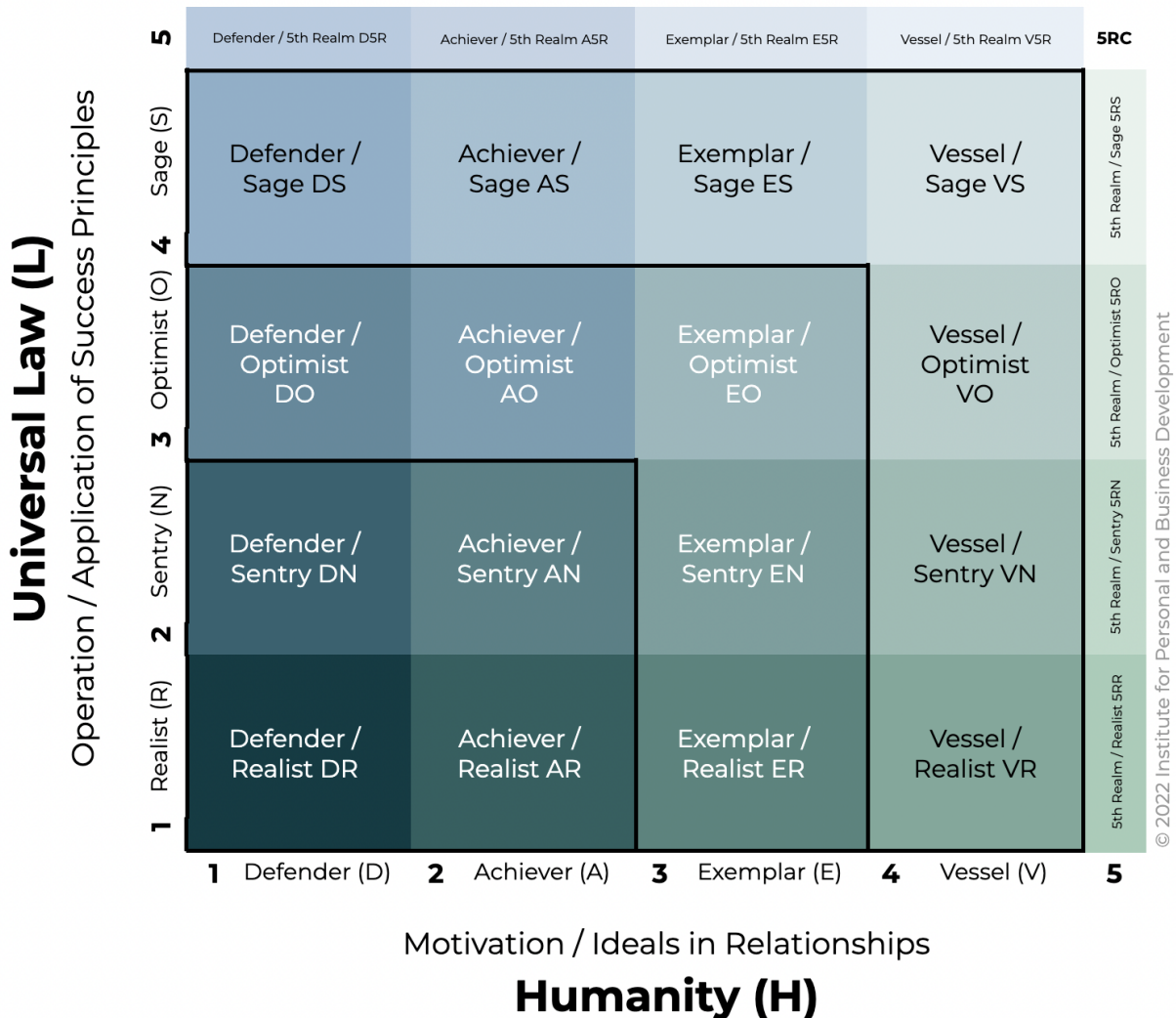


# Your Mindset Quotient Test Full Analysis

## EXEMPLAR/REALIST



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### Exemplar/Realist (ER)

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

Philanthropist, supporter, intelligent, grounded

**Overview** - Loves to be about humanitarian causes, but deep down believes that people in need will probably always be in need. Not motivated by a person's potential for real change; rather, sufficiently motivated by the emotional reward of meeting someone's need in the moment, even if the relief will only be temporary.

**Strengths** - Supportive, selfless, grounded, a cautious steward.

**Driven by** - Contribution, it's impact, self-reliance, and the preservation of resources, focused on self-reliance.

**Combination Analysis** - Life's experiences have brought you to a place where you love feeling the joy of helping others overcome their challenges and find relief from their burdens. You enjoy the high that comes from giving of yourself for the benefit of others. Even if you don't think so, the world is a better place because you are here. You hope to make a meaningful contribution that helps your fellow human beings.

You pride yourself in being intelligent and grounded in the way you operate and in the execution of your goals. You feel deeply and wish for a better life, but often circumstances beyond your control keep you from enjoying the results you want. You've tried to make changes, but nothing seems to work, at least permanently. It's hard to believe things will ever change.

You often feel unlucky, and struggle to get ahead, but as long as you're working the checklist, you feel like you must be making progress—and sometimes that's enough. You're weary from repeated disappointments and skeptical of anyone who tells you things can improve. Basically, you'll believe it when you see it.

Sometimes you feel that people who offer solutions have ulterior motives. While some people may call you a cynic, you call it wisdom. You can relate with the saying, "Fool me once, shame on you. Fool me twice, shame on me." You're determined never to be fooled again.

You're always open to learning more, if there's truly something new to learn, and if it makes logical sense. Still, it's easy to feel upset when things go wrong, and you may fundamentally disagree with anyone who claims that your thoughts play any role in causing your misfortune. You are more likely to trust science and academia than social media, empirical proof more than a (probably fabricated) testimonial, and you trust yourself to get things done more than almost anyone else.

### **Other Common Attributes**

- Taking in the views of others even when they are in opposition of your own.
- Having a desire to understand the needs and motivations of others.
- Having a long-term view for making a positive change in the world.
- Wanting to support more than temporary fixes.
- Thinking it is important to invest in long-term solutions to make significant societal changes for the good of humanity.
- Believing the best investment is in people, and that investing in others produces progress on the whole.
- Supporting causes that transform the lives of others, building self-sufficiency.
- Wanting money, resources, and time to be used efficiently and in an organized way to promote self-sustaining change in the world.
- Believing the secret to living is giving and that by contributing to others we all create more meaning in our lives.
- Not caring about the glory; instead caring about making a positive difference.
- Having a mindset that the more you receive, the more you have to give.
- Inclined to help when others are suffering.
- Being prepared for the worst.
- Feeling that if other people would just do their part, you'd be able to avoid more of life's hardships.

**Possible Blind Spots** - Be aware of cynicism running just below your consciousness because it may be having a more negative impact on your effectiveness than you know. Your influence and impact will be amplified as you address and resolve your real concerns, helping you be more open to the abundance of additional resources and support available to you for accomplishing your work more effectively than ever.

**One who grows beyond the Exemplar/Realist stage of development will attest to the following:**

*"Self-care is giving the world the best of you, instead of what's left of you."* -  
Katie Reed

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