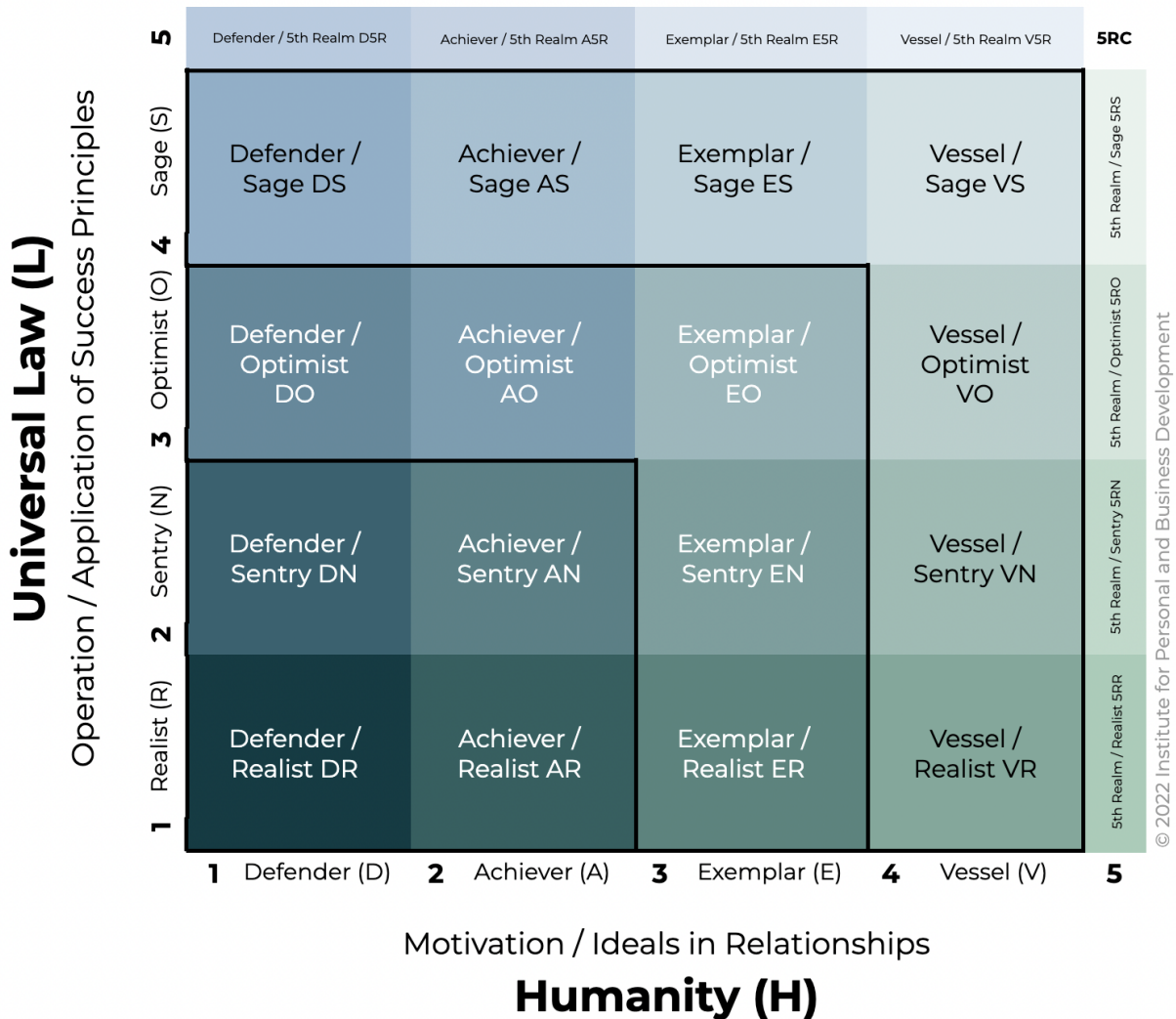


# Your Mindset Quotient Test Full Analysis

## VESSEL/OPTIMIST



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### Vessel/Optimist (VO)

Points (H) 4.00-4.99, (L) 3.00-3.99

Influential, honorable, unassuming, bright, inspiring

**Overview** - Pure in heart, serving, creative, uplifting, others-centered, and depends too much on his/her own strength to achieve objectives.

**Strengths** - Steady, compassionate, confident, wise, patient, high achiever, ambitious, creative, perceptive, clever, gifted, resourceful, sharp.

**Driven by** - The needs of others, love, anonymity, true charity, noticing others' talents, vision, change, progress, being happy, focused on persistence or hope.

**Combination Analysis** - You're experienced in learning how to be unaffected by the unstable moods and opinions of others. You've accessed the power that comes through loss of self, of keeping your ego in check, and are evolving beyond the need to be seen.

While the Exemplar serves for the joy of making a difference, the Vessel serves mainly to fill a need. You find uncommon joy in doing hard things, and even if you are well known and respected, you are equally content to be of no public consequence. As you wisely put others first without compromising your own personal autonomy, you access a level of fulfillment and satisfaction that many will never find.

Though it may appear to others that you have chosen a life of sacrifice, you are not a victim. Your selflessness comes from a position of strength, and choice. It was not imposed on you, it was consciously decided, willingly accepted, even embraced.

While nobody knows better than you that you are not a perfect person, these moments of perfection and sacrifice have elevated you, rather than diminishing you. You live a mystery. Your invisibility is a strength that emanates power and influence that can be employed in no other way, which is why what you have achieved is so rare.

You are a compassionate and patient wellspring of healing for others who are inspired and changed by your confidence in true principles. You are generous yet wise in your interactions with others, long-suffering in outcomes, and trust that ultimate good can be realized out of any circumstance.

You are aware of the things that trigger you, but choose not to be controlled by them. You have a well-developed relationship with Humanity, and as you learn how

to develop your relationship with Universal Law, you will find it easier to dwell in calmness beneath the tempests, and soar above the storms in stillness.

New - 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.

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:**

- You accept yourself, others, and situations the way they are and the way they are not.
- You embrace your life with joy and effectively resolve guilt and shame.
- You've learned to manage trepidation when facing things that are different or unknown.
- You view life as it unfolds both logically and rationally, while embracing the possibilities for extraordinary outcomes.
- You enjoy finding solutions to real-world situations and helping others improve their lives.
- You tend to be very independent. You don't conform to other people's ideas of happiness and contentment, but you're willing to listen.
- You value your privacy and enjoy solitude. You love the company of others, but it is essential to the discovery and cultivating of your own potential to have time alone.
- You have a good sense of humor and have the ability to laugh at yourself.
- You are able to enjoy the humor in situations that may be challenging for others.
- You follow generally accepted social expectations and don't feel confined by those norms in your thoughts or behaviors.
- You enjoy setting new goals for yourself, but you don't see the path of achievement as a means to an end. The journey is just as important and enjoyable as accomplishing the desired result.
- You accept your quirks and imperfections without feeling embarrassed or apologetic.
- You have experience staying true to your core values, even in environments that challenge them.
- You tend to take life's inevitable ups and downs with grace, acceptance, and equanimity.
- You have a genuine desire to help humanity.
- You readily recognize that you might perceive things that may not be true.
- You often have experiences in which you feel a profound transcendence of your petty concerns.
- You take full responsibility for your actions without pointing the finger at others.
- You can tell 'deep down' right away when you've done something wrong and you commit quickly to making it right.

- When people get upset with you, you engage with concern and curiosity to see how you can assist them with feeling better.
- 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** - Because you are an evolved individual, you may be prone to pride, disengaging with others who may be less evolved, and you may default to being too passive in relationships. Optimism can lead some at this stage of development to overextend themselves financially, believing that they'll find a way to pay it off someday. You may spend a lot of your time being busy without always being productive, and you depend too much on yourself to bring superhuman effort to those seemingly impossible goals. What you don't see is that the biggest goals can be achieved with much less effort, as you discover and employ the universal laws and principles that activate unseen help on your behalf. All you need will be orchestrated even without your direct involvement, and learning how to do this will be key in achieving the goals that matter most. 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 Vessel/Optimist stage will attest to the following:**

*"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in*

*common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him... and he will live with the license of a higher order of beings.” – Henry David Thoreau*

Want to learn how? Change your score, Change your life!

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

### **“Where do I go from here?”**

Discover how to harness the power of your optimism to experience real, measurable results. Return to the website and explore our [recommended resources](#) (<https://mindsetquotienttest.com/extended-results-vo/>).

By the way... nice score! We're looking for people like you to help us facilitate mindset training for students around the world. Request more info about our facilitator program [through this link](#) (<https://mindsetquotienttest.com/extended-results-vo/>), or download the [FREE ebook here](#) to learn more about the message we represent ([www.jackrabbitfactor.com](http://www.jackrabbitfactor.com)).