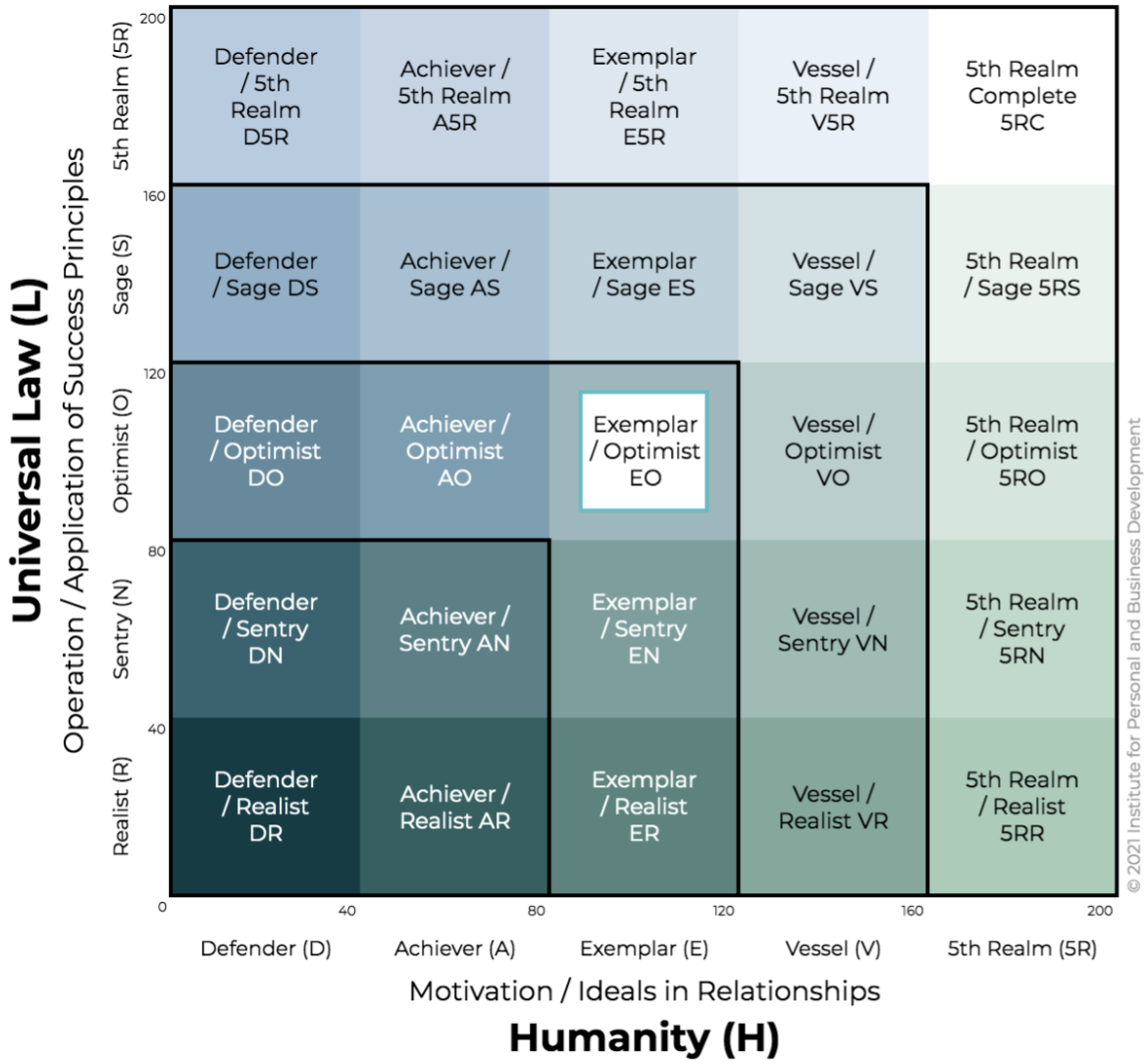
Your Mindset Quotient Test Full Analysis



Exemplar/Optimist

Points H(51-75), L(51-75) - Philanthropist, supporter, bright, inspiring

---

Overview - A humanitarian dedicated to affecting real and permanent change in his or her own life, as well as in the lives of others. One who may be struggling to realize the results they desire.

© ThoughtsAlive LLC, all rights reserved

Strengths - Supportive, selfless, generous, creative, insightful, innovative, talented, resourceful, sharp.

Driven by - Contribution, it's impact, and the feeling that accompanies it. A vision for real and permanent change that promises to lift others. Being happy, focused on persistence or hope.

Combination Analysis - You have a heart of gold. 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 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

© ThoughtsAlive LLC, all rights reserved

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 Exemplar/Optimist:

- 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.
- 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.

© ThoughtsAlive LLC, all rights reserved

- 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 spend a lot of time being busy without being productive, or believing in your dreams without taking sufficient action on them. New ideas may come often and easily but lean on your strengths to help you overcome the struggle you may have with following-through. You may also be depending too much on your own strength, smarts, or wisdom to achieve those seemingly impossible goals.

As you learn how the laws and principles of success work, you'll be able to achieve more without wearing yourself out. Be careful to pace yourself so that you don't run out of steam before the project is complete. As a dreamer and an optimist, be careful not to use credit too much or overextend yourself financially, believing that there will be a way to pay it off someday. Being wise and patient in the short-term will help you have the greatest impact long-term.

Be watchful that you do not let yourself worry that your efforts aren't having enough impact to the point that it's paralyzing. Trust that even the little things will add up to make a big difference. You may overthink past encounters, or get distracted by the desire to memorialize a moment with a selfie, missing the precious opportunity to soak in the moment you're in, and truly feel the joy of being present with the person or people you are with.

One who grows beyond the Exemplar/Optimist stage of development will identify with the following:

> *With his camera trained on a leopard, Sean O'Connell sat up to gaze at it lens-free. Walter Mitty asked: "When are you going to take it?"*
>
> *Sean O'Connell: "Sometimes I don't. If I like a moment, for me, personally, I don't like to have the distraction of the camera. I just want to stay in it."*

© ThoughtsAlive LLC, all rights reserved

Walter: "Stay in it?"

Sean: "Yeah. Right there... [getting present] Right here."

Ready to learn more? Change your score, change your life!

Learn about the other mindset types here.
(https://mindsetquotienttest.com/extended-results-eo)

"Where do I go from here?" - Learn how to harness the power of your optimism to experience real, measurable results, and discover how to use the laws of success to get more for yourself while expanding your impact. Check out this recommended training (https://mindsetquotienttest.com/extended-results-eo/resources) or download the FREE ebook here (www.jackrabbitfactor.com).

© ThoughtsAlive LLC, all rights reserved