*The Answers and Zones*

**Points for your answers to questions 1 to 25:**

a = 1 point b = 4 points c = 2 points d = 3 points

**Points for your answers to questions 26 to 31:**

1. True
2. False

**Below see a brief explanation of what each question is about:** Q1. General personality/life direction and personal boundaries Q2. Self- motivation to push oneself/putting yourself in the space Q3. Self- awareness, self-consciousness, confidence and self-reliance Q4. Self- assurance/-awareness/thinking style

Q5. Flexibility and resistance to change

Q6. Emotional reasoning and the need to be liked

Q7. Flexible/creative thinking, confidence, problem-solving, pressure Q8. Pragmatism, control, pride and results-orientation Q9. Self-responsibility, self-reliance, resourcefulness, confidence, independence; need for certainty

Q10. Seeking social approval – need for recognition, to be liked, fit in with popular culture, personal insecurities, comparing/competing with others to appear “good enough”/the need to assert.

Q11. Ambition and seeing solutions, not problems

Q12. Flexibility, believing in oneself and trusting the process of life Q13. Seizing opportunity, acting out of possibility or necessity, determination and subjugation Q14. Liking the feeling of adrenaline and thrill-seeking Q15. Determination, knowing outcome and strength of positive belief system Q16. Fear of failure or making mistakes

Q17. Existing fear measurement Q18. Control and taking charge

Q19. Adventure and dealing with uncertainty

Q20. Fear of the unknown, need for safety and security Q21. Fear of failure and humiliation – ability to see the bigger picture Q22. Experimentation and control

Q23. Assertiveness and courage

Q24. Independent thought and fear of mistakes Q25. Inhibitions

Q26. Authority, independent thought, self-belief and confidence Q27. Self-

confidence, anxiety levels and decision-making Q28. Subconscious fears Q29. Current position and expectations

Q30. Putting pressure on oneself and thinking style

Q31. Judgement

**Zone Test Scores**

**The Comfy Zone (<50)**

You like your comfort zone: you are more likely to be averse to risk, more fearful of making mistakes and taking chances, and resistant to change. You tend to be a more cautious, anxious person when it comes to pushing boundaries and would rather play safe and content than risk anything greater; therefore you settle more easily for things. Perhaps you have been awaiting the right opportunity to change how you feel and are ready to take this opportunity to

unleash a transformed, forward-focused you who feels they now deserve to have everything they have only ever previously dreamed about. If one person can do it, so can you and this book will provide you with the right support, mindset and practical resources to do just that. Now you can turn those dreams into a realistic plan.

**The Exploring Zone (51–74)**

You are likely warming up for action, looking to increase confidence and let go of anxieties, judgement and emotional reasoning; possibly with a person in mind who you’d like to be, or the life you’d like to have. You seem to have an average level of fears and anxieties but are mostly aware of them and want to get rid. You mainly need to let go of inhibitions and the need for control. You do like to gently stretch yourself and try new experiences, but in a safe space to minimize risk and the chances of mistakes or failure. You will find the resilience-builders a great help and positive step forward to successfully transition through zones to reach where you want to be.

**The Break-Out Zone (75–100)**

You are already breaking out. Displaying or feeling ready for new levels of thinking and that final push to take you to zone zero. You exhibit all the traits of a zone-zero personality but need to be more congruent and wholly consistent in them with full conviction and an unshakable self-belief.

You are certainly a risk-taker who enjoys a good challenge. You are generally pretty fearless about failure or making mistakes; however, slight trepidation over this and a little self-doubt can sometimes hold you back from really going for it and taking advantage of more opportunities with likely success. You’d greatly benefit from learning to trust more in the process of life as well as yourself. Enhancing your intuition even further will help with this too. You are not too concerned about the judgement of others, but are more than aware of it, which may occasionally contribute to delaying your personal progress.

Generally, you are a bold, thrill-seeking person who dares to be different. You are generally very comfortable in taking risks and do like to challenge your own comfort zone. The later chapters of this book in particular will be a great tool in providing you with that final push.

**Zone Zero (101 +)**

Congratulations; you’re already there! Perhaps you’re looking for a few reminders of who you really are if you’re feeling a little off form for whatever reason? Otherwise you’re unlikely to have taken this test or found it in the first place (be this consciously or subconsciously and via whatever unlikely channel – you’ll know there’s a reason!).

This happens to us all and you’ll find all you need in this book, whether a positive support to reignite your fuse or that prompt to take you to another level. Chapter Eight will be of particular interest and all you need just now.