

1.	Do you have certain self-discipline, such as Yes	make your bed?	entionally do on a daily basis to reinforce Io
2.	Can you keep your coo Yes	l when arguing? Sometimes	No
3.	Do you keep and stick Yes	to a schedule or a to-c Sometimes	lo list? No
4.	Are you able to compl postpone them? Yes	lete tedious tasks you Sometimes	don't enjoy doing even when it's possible to No
	res	Sometimes	
5.	Can you stick to a diet o Yes	or nutritional program Sometimes	for a long period of time? No
6.	Are you capable of doing something unpleasant, such as working overtime on weekends, without much internal debate?		
	Yes	Sometimes	No
7.	When necessary, are you able to push past your comfort zone despite your fears and discomfort?		
	Yes	Sometimes	No
8.	Do you believe you have a capacity to evaluate your own behavior objectively even when the issue at hand is emotionally charged and personal? Yes Sometimes No		
9.	9. Are you able to wake up early on your day off even when it's unnecessary jus you planned to do so a day earlier?		
	Yes	Sometimes	No
10.	Do you keep your pron Yes	nises and commitment Sometimes	s that you make to yourself? No
11.	If you were doing noth self-control to reply in a Yes		ne started yelling at you, do you have enough No
12.	Do you stick to your wo Yes	ork plans even when s Sometimes	omething exciting happens? No

- 13. Overall, do you choose better long-term results over immediate gratification? Yes Sometimes No
- 14. Do you always take the full course of medication prescribed even when you feel healthy before the medication is gone?
 Yes
 Sometimes
 No
- 15. When your job requires you to do something you don't have experience with, can you easily get over the anxiety and just do it?

Yes Sometimes No

SCORING:

Yes answers	x 3 =
Sometimes answers	x 2 =
No answers	x 1 =
TOTAL	

Based on their answers and giving 3 points for a **Yes**, 1 for a **No** and 2 for a **Sometimes**, you can use the scale of 35–45 = High, 25–35 = Medium and 15–35 = Low.

15–25 = LOW SELF-CONTROL AND DISCIPLINE

Your self-control and discipline definitely need a little boost. You tend to take shortcuts and do whatever is easier and quicker at the moment. In addition, you don't bother yourself with additional work that may help your performance.

25–35 = MEDIUM SELF-CONTROL AND DISCIPLINE

Your self-control and discipline are OK! You can and do face challenges and fight for things that matter to you. On the other hand, you tend to use your self-control and discipline selectively — whenever there is a neat shortcut, you will definitely use it. While some of your responsibilities may feel like a burden, you still do what's expected. If you want to achieve more, try taking on more challenges and more responsibilities instead of avoiding them.

35–45 = HIGH SELF-CONTROL AND DISCIPLINE

Congratulations! You are high on the self-control and discipline scale. Unless something beyond your control gets in your way, which it will, you set and achieve your goals most of the time.