

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.