Self-analysis

**Do you complain often of “feeling bad”? If so, what is the cause**

**Do you find fault with other people at the slightest provocation?**

**Do you frequently make mistakes in your work? If so why?**

**Are you sarcastic and offensive in your conversation?**

**Do you deliberately avoid the association of anyone? If so, why?**

**Do you suffer frequently with indigestion? If so, what is the cause?**

**Does life seem futile and the future hopeless to you? If so, why?**

**Do you like your occupation? If not, why?**

**Do you often feel self-pity? If so, why?**

**Are you envious of those who excel you?**

**To which do you devote most time: thinking of success or of failure?**

**Are you gaining or losing self-confidence, as you grow older?**

**Do you learn something of value from all mistakes?**

**Are you permitting some relative or acquaintance to worry? If so, why?**

**Are you sometimes “in the clouds” and at other times in the depths of despondency?**

**Who has the most inspiring influence upon you? What is the cause?**

**Do you tolerate negative or discouraging influences that you can avoid?**

**Are you careless of your personal appearance? If so, when and why?**

**Have you learned how to “drown your troubles” by being too busy to be annoyed by them?**

**Would you call yourself a “spineless weakling” if you permitted others to do your thinking for you?**

**Do you neglect internal bathing until autointoxication makes you ill tempered and irritable?**

**How many preventable disturbances annoy you, and why do you tolerate them?**

**Do you resort to liquor, narcotics or cigarettes to “quiet your nerves”? If so, why do you not try willpower instead?**

**Does anyone “nag” you and if so, for what reason?**

**Do you have a DEFINITE MAJOR PURPOSE, and if so, what is it, and what plan have you for achieving it?**

**Do you suffer from any of the Six Basic Fears? If so, which ones?**

**Have you a method by which you can shield yourself against the negative influence of others?**

**Do you make deliberate use of autosuggestion to make your mind positive?**

**Which do you value most, your material possessions, or your privilege of controlling your own thoughts?**

**Do others easily influence you, against your own judgement?**

**Has today added anything of value to your stock of knowledge or state of mind?**

**Do you face squarely the circumstances that make you unhappy, or sidestep the responsibility?**

**Do you analyze all mistakes and failures and try to profit by them, or do you take the attitude that this is not your duty?**

**Can you name three of your most damaging weaknesses? What are you doing to correct them?**

**Do you encourage other people to bring their worries to you for sympathy?**

**Do you choose, from your daily experiences, lessons or influences that aid in your personal advancement?**

**Does your presence have a negative influence on other people as a rule?**

**What habits of other people annoy you the most?**

**Do you form your own opinions or permit yourself to be influenced by other people?**

**Have you learned how to create a mental state of mind with which you can shield yourself against all discouraging influences?**

**Does your occupation inspire you with faith and hope?**

**Are you conscious of possessing spiritual forces of sufficient power to enable you to keep your mind free from all forms of FEAR?**

**Does your religion help you to keep your own mind positive?**

**Do you feel it your duty to share other people´s worries? If so, why?**

**If you believe that “birds of a feather flock together.” What have you learned about yourself by studying the friends you attract?**

**What connection, if any, do you see between the people with whom you associate most closely, and any unhappiness you may experience?**

**Could it be possible that some person you consider to be a friend is, in reality, your worst enemy because of their negative influence on your mind.**

**By what rules do you judge who is helpful and who is damaging to you?**

**Are you intimate associates mentally superior or inferior to you?**

**How much time out of every 24 hours do you devote to:**

* **Your occupation**
* **Sleep**
* **Play and relaxation**
* **Acquiring useful knowledge**
* **Plain waste**

**Who among your acquaintances:**

* **Encourages you the most**
* **Cautions you the most**
* **Discourages you most**
* **Helps you most in other ways**

**What is your greatest worry? Why do you tolerate it?**

**When others offer you free, unsolicited advice, do you accept it without a question or analyze their motive?**

**What, above all else, do you most desir? Do you intend to acquire it? Are you willing to subordinate all other desires for this one= How much time daily do you devote to acquiring it?**

**Do you change your mind often? If so, why?**

**Do you usually finish everything you begin?**

**Are you easily impressed by others people’s business or professional titles, university degrees or wealth?**

**Are you easily influences by what other people think or say of you?**

**Do you crater to people because of their social or financial status?**

**Whom do you believe to be the greatest person living? In what respect is this person superior to you?**

**How much time have you devoted to studying and answering these questions? (At least one day is necessary for analyzing and answering the entire list.)**