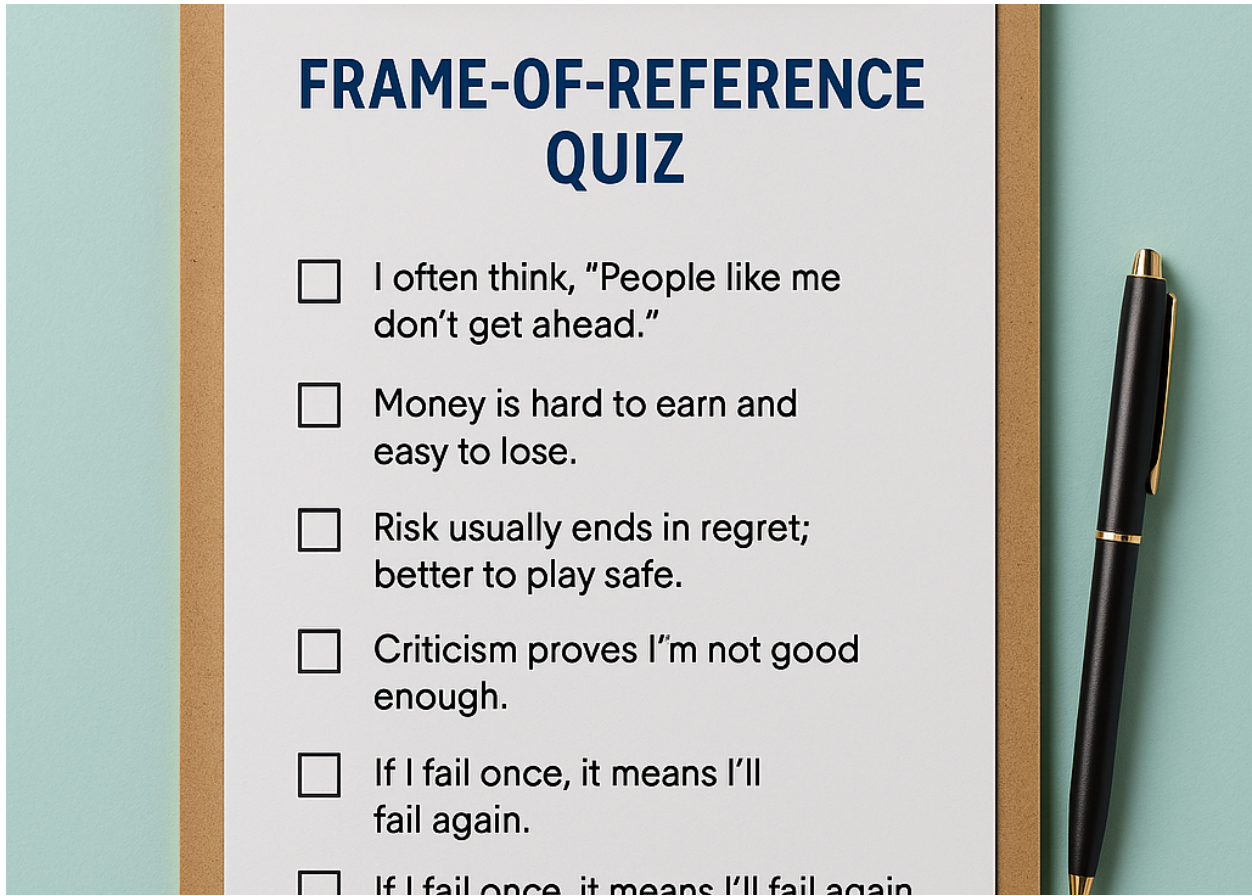




Your Path to Empowerment

1 | Frame-of-Reference Quiz

(2-Minute Self-Assessment)



FRAME-OF-REFERENCE QUIZ

- ☐ I often think, "People like me don't get ahead."
- ☐ Money is hard to earn and easy to lose.
- ☐ Risk usually ends in regret; better to play safe.
- ☐ Criticism proves I'm not good enough.
- ☐ If I fail once, it means I'll fail again.
- ☐ If I fail once, it means I'll fail again.

Instructions

- Rate each statement **0 – 4**

0 = Strongly Disagree | 1 = Disagree | 2 = Neutral | 3 = Agree | 4 = Strongly Agree

- Reverse-score the **positive** items (✧) so that higher numbers always mean a *tighter* lens.

- Add all twelve scores, then check the key.

#	Statement	Lens Category
1	I often think, “People like me don’t get ahead.”	Self-Worth
2 ✧	When I hit a roadblock, I assume there’s a workaround.	Resilience (<i>positive</i>)
3	If I set firm boundaries, people will abandon me.	Relationships
4	Money is hard to earn and easy to lose.	Abundance
5 ✧	I can learn almost any skill with practice.	Capability (<i>positive</i>)
6	Risk usually ends in regret; better to play safe.	Control
7	Criticism proves I’m not good enough.	Validation
8 ✧	My past doesn’t limit what I can do next year.	Growth (<i>positive</i>)
9	The world is mostly unsafe; you have to stay on guard.	Safety

- | | | |
|----|---|--------------------|
| 10 | Success is plentiful—there’s room for everyone. | Abundance |
| ✧ | | (positive) |
| 11 | If I fail once, it means I’ll fail again. | Failure |
| 12 | Asking for help accelerates progress. | Support (positive) |
| ✧ | | |

Reverse-score items 2, 5, 8, 10, 12 → 4→0 • 3→1 • 2→2 • 1→3 • 0→4

Score Key

- | Total | Interpretation |
|--------------|---|
| 0-14 | Clear, flexible frame—keep polishing your lenses. |
| 15-24 | Mild distortion; choose one lens to upgrade. |
| 25-34 | Moderate “tight frame”—audit soon. |
| 35-48 | Rigid frame—multiple lenses need rewiring. |

Next step: Circle your highest-scoring statement and plug it into the worksheet below.

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