



Psychologists never explain psychological tests or questionnaires to their subjects, in order to avoid influencing the results. Therefore, bear with me and take a few moments to complete this questionnaire. Your results will then be explained in the next chapter. There are no right or wrong answers on the Dream Quotient Inventory. All you need to do is answer the questions honestly and to the best of your ability. Circle, or write down, the letter corresponding to the answer which best describes you.

I: When I think about my ability to accomplish my dreams I:

- A) Doubt that I'll ever be able to reach my dreams;
- B) Am not sure if I'll ever be able to reach my dreams;
- C) Think I might be able to reach my dreams;
- D) Am fairly sure I will reach my dreams; (or)
- E) Have always known I will reach my dreams.

II: I am enthusiastic and passionate about:

- A) Very few things in my life;
- B) A few things in my life;
- C) I enjoy and am excited about a number of activities in my life;
- D) I enjoy most of the things that I do on a daily basis; (or)
- E) I am passionate about almost everything that I do.

III: When it comes to learning new things:

- A) I tend to shy away from learning new things; I feel more comfortable doing what I already know how to do;
- B) I learn a few new things, one at a time, and always take it slow;
- C) I sometimes like to learn new things;
- D) I like learning new things; (or)
- E) I am constantly learning new things and challenging myself.

IV: When I am unhappy or dissatisfied with things in my life:

- A) I grin and bear it and hope things will improve;
- B) I may try to change minor things but tend to be cautious about changing things. I prefer the devil I know to the one I don't know;
- C) I take calculated risks in an attempt to improve my life;
- D) I take risks when I am unhappy knowing that things must change in order to find true happiness;
- E) I throw caution to the wind and have been able to find real joy.

V: When I face difficulties I tend to:

- A) Feel defeated and see very few options to overcome the difficulties;
- B) Question whether I will be able to overcome the problems;
- C) Try to find ways to overcome the difficulties;
- D) Fight back and refuse to succumb to the difficulties; (or)
- E) By hook or by crook, I find a way to overcome the difficulties.

VI: When confronted with a problem:

- A) I usually see one way to solve it;
- B) I usually see just one way to solve it, but will sometimes consider another option;
- C) I tend to explore a few possible solutions;
- D) I explore as many possible solutions as I can; (or)
- E) I always use a creative approach to problem solving and find multiple ways to resolve problems.

VII: When I can't see immediate results:

- A) I don't bother working on something that will take a long time and look for short cuts;
- B) I rarely bother working on tasks that don't produce immediate results;
- C) Sometimes I work on tasks that take a while to get results;
- D) Many tasks I work on take a long time to produce immediate results, but I don't mind waiting; (or)
- E) I seem to always be working on tasks that take a long time to accomplish

VIII: When bad things happen to me I:

- A) Assume they happened to me for a reason;
- B) Wonder if I did something wrong;
- C) Don't let them get me down, or assume that I caused them;
- D) Look for the silver lining and try to make things better; (or)
- E) When life gives me lemons I make lemonade.

IX: When I dream about my future:

- A) I don't dream about my future; it feels like a waste of time;
- B) I have a hard time imagining my future;
- C) I imagine life getting better;
- D) I have many hopes and dreams for the future; (or)
- E) I have always been a dreamer and know my future will be amazing even when times are tough.

Now that you've completed the questionnaire, go back and score your responses.

A = 50 points B = 70 points C = 90 points D = 110 points E = 130 points

Now, add all the points together and divide the total by 9.

This result is your Dream Quotient (**DQ**) score. (It corresponds to the range of IQ scores). Like the IQ, it's best to take a look at your responses to individual questions and pinpoint the exact areas of strengths and weaknesses. Read on to learn how to interpret the meaning of your scores and how to use these results to enhance your dream potential.

So what does your score mean? Read on to find out!

Question I asked you about how you perceive your ability to accomplish your dreams. Your scores on this question reflect on your ability to 'dream parent' yourself. If you scored above 90 on this question, you tend to be able to believe in your ability to accomplish your dreams. You may have had parents who encouraged you to believe in and follow your dreams, or you have learned how to dream parent yourself. If your score was below 90, you may need to focus on learning how to dream parent yourself.

Questions II and III looked at your interests and curiosity in life. These questions relate to your adaptability, or the ability to change and grow throughout life.

Questions IV, V, and VII addressed how you face challenges in life. Your answers reflect on your ability to persevere despite physical or financial challenges.

You were asked on **Question VI** how you approach problems. Your score here addresses your ability to use creative problem solving and innovation when challenged by financial or other restraints.

Finally, **Questions VIII and IX** asked what you do when bad things happen to you. When bad things happen, do you allow yourself to dream about the future or give up on your dreams? These questions relate to your ability to suspend disbelief and overcome magical thinking.

Now that you have identified your strengths and weaknesses, read Dr. Lavi's book, *The Wake Up and Dream Challenge* to learn how to improve your dream potential in these areas.