



## *Online Check*

**How strong shines your inner Dimond?  
How big is your Transformation Potential?**

With this test we check your current life situation in the area of Love, Life and Success and therefore how much you really can live your potentials right now.

Answer the statements with the help of the rating scale below (1 - 3), as you perceive your stress level in your life at the moment. Don't talk to your partner or someone who knows you very well. Answer all questions honestly just for you and take your time to do so.

**Rating scale:**

- 3 FULL AND WHOLE agree
- 2 Partly agree
- 1 NOT AT ALL agree - rather less agree

This test can be repeated to double check your current life status and transformation developments.





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Please give for each statement a suitable numerical value (1-3) and count them up.

1. When I work, I do it thoroughly.
2. I always have a smile on my face, I always feel relaxed and light.
3. I am actually trying not to meet the expectations placed on me.
4. I am a very active and ultra-social person (I get along with every).
5. I am constantly involved in discussions and never interrupt others.
6. I don't drum my fingers impatiently on the table (I'm not nervous and impatient).
7. Despite enormous efforts, there are many things that I start and then not able to finish really and also successfully.
8. I admire people who live carefree into the day and want to be like them.
9. Once I've started a task, I leave it and don't always finish it.
10. I don't put my wants and needs aside in favor of other people.
11. I tend to have a soft shell and a hard core.
12. I am diplomatic.
13. I have little understanding for stupid mistakes.
14. I prefer to solve my problems myself.
15. I like to show my weaknesses to others.

Please go with your achieved score to my website [www.coachinglounge-darev.ch](http://www.coachinglounge-darev.ch) and read your evaluation results under FOR FREE and scroll down to the end of that page.

If you have any further questions, do not hesitate to get in contact or send me a message on [info@coachinglounge-darev.ch](mailto:info@coachinglounge-darev.ch).

Kindest,  
Michaela