

## Identify Your Blocks to Success

### *HOT TIPS: What's Keeping You Stuck?*

### **The Fiore Productivity Program™**

*Neil A. Fiore, PhD*

#### **GETTING UNSTUCK QUIZ—Achieve Your Full Potential**

**Neil A. Fiore, PhD**

Could your life be more fulfilling, passionate and joyful? Discover how to rapidly get unstuck from self-imposed blocks to success and unleash your full potential. Start by answering these questions and rate yourself on the Get Unstuck Quiz to learn how this program can help you.

On a scale of 1 to 4, how true are the following statements in describing your behavior or feelings? 1 represents the least true for you and 4 the most true.

***How true are the following statements for you?***

***SCORE***

1. I feel stuck and want to start achieving my full potential.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

2. I'd like to know how to remove a major obstacle to my happiness and success.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

3. I need to get out of negative relationships and away from people who drain my energy.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

4. I frequently ask myself, "But, what if something goes wrong?"

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

5. I'd love to feel that that there is essentially nothing wrong with me—  
that I can be happy with who I am.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

6. I'd like to be less worried about criticism and less dependent on the approval of others.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

7. I'd like to be less distracted by worries and more capable of enjoying the moment.

1- Not at all true   2- Somewhat true   3- Quite a Bit   4- Very True   \_\_\_\_\_

8. I want to regain some vital motivation, excitement and sense of purpose about my life.

1- Not at all true    2- Somewhat true    3- Quite a Bit    4- Very True    \_\_\_\_\_

9. I want to learn how to stay focused on my top priority projects.

1- Not at all true    2- Somewhat true    3- Quite a Bit    4- Very True    \_\_\_\_\_

10. I definitely need to change something about my situation in the next 6-12 months.

1- Not at all true    2- Somewhat true    3- Quite a Bit    4- Very True    \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### **Making use of your score results:**

**30-40:** STOP THE STRUGGLE. GET UNSTUCK. TAKE CHARGE OF YOUR LIFE NOW.

Your life could be easier, more joyful and fulfilling with much less anxiety and self-doubt. Start immediately to use the change strategies and techniques contained in *The Fiore Productivity Program*. Pay attention to those strategies that build confidence and your sense of worth. Practice using the early signs of struggle as a wake-up call to shift to your new optimal performance skills and almost effortless focus.

**20-29:** You're motivated to significantly improve your effectiveness in life by removing old blocks and out-dated patterns. Practice identifying your usual ways of coping and prepare updated, healthier and effective alternatives. Give special attention to Effective Communication, Effective Self-Management Skills and insist on playing a leadership role in your life.

**10-19:** Congratulations! You're in great shape. Use *The Fiore Productivity Program* strategies, exercises and action steps to sharpen the skills you already have and shorten your learning curve. With minimal effort you can learn how to move rapidly toward solutions that lead to self-fulfillment, the achievement of your objectives, and truly taking charge of your life.

***For information about upcoming webinars, Ebooks, seminars and downloads on Optimal Performance and productivity see [www.neilfiore.com](http://www.neilfiore.com) [www.facebook.com/neilfiore](https://www.facebook.com/neilfiore) [neil@neilfiore.com](mailto:neil@neilfiore.com)***

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