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| **Reliability Professional Development Training – Page 1** |

**Section 1: Life Satisfaction**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Strongly Agree** |  |  |  |  |  |  |  |
| Below are five statements with which you may agree or disagree. | | **Agree** |  |  |  |  |  |  |  |
| Using the 1-7 scale below, select the appropriate number that | | **Slightly Agree** |  |  |  |  |  |  |  |
| corresponds with your answer. Please be open and honest in | | **Neither Agree or Disagree** |  |  |  |  |  |  |  |
| your responding. | | **Slightly Disagree** |  |  |  |  |  |  |  |
|  | | **Disagree** |  |  |  |  |  |  |  |
|  | | **Strongly disagree** |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |
| **1.** | In most ways my life is close to my ideal. | | ➀ | ➁ | ➂ | ➃ | ➄ | ➅ | ➆ |
| **2.** | The conditions of my life are excellent. | | ➀ | ➁ | ➂ | ➃ | ➄ | ➅ | ➆ |
| **3.** | I am satisfied with life. | | ➀ | ➁ | ➂ | ➃ | ➄ | ➅ | ➆ |
| **4.** | So far I have gotten the important things I want in life. | | ➀ | ➁ | ➂ | ➃ | ➄ | ➅ | ➆ |
| **5.** | If I could live my life over, I would change almost nothing. | | ➀ | ➁ | ➂ | ➃ | ➄ | ➅ | ➆ |

**Section 2: Hope**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | **Definitely True** |  |  |  |  |
| Read each item carefully. Using the scale shown below, please | | **Mostly True** |  |  |  |  |
| select the number that best describes you and put that number | | **Mostly False** |  |  |  |  |
| in the space provided. | | **Definitely False** |  |  |  |  |
|  |  | |  |  |  |  |
| **6.** | I can think of many ways to get out of a jam. | | ➀ | ➁ | ➂ | ➃ |
| **7.** | I energetically pursue my goals. | | ➀ | ➁ | ➂ | ➃ |
| **8.** | I feel tired most of the time. | | ➀ | ➁ | ➂ | ➃ |
| **9.** | There are lots of ways around any problem. | | ➀ | ➁ | ➂ | ➃ |
| **10.** | I am easily downed in an argument. | | ➀ | ➁ | ➂ | ➃ |
| **11.** | I can think of many ways to get the things in life that are most important to me. | | ➀ | ➁ | ➂ | ➃ |
| **12.** | I worry about my health. | | ➀ | ➁ | ➂ | ➃ |
| **13.** | Even when others get discouraged, I know I can find a way to solve the problem. | | ➀ | ➁ | ➂ | ➃ |
| **14.** | My past experiences have prepared me well for my future. | | ➀ | ➁ | ➂ | ➃ |
| **15.** | I’ve been pretty successful in life. | | ➀ | ➁ | ➂ | ➃ |
| **16.** | I usually find myself worrying about something. | | ➀ | ➁ | ➂ | ➃ |
| **17.** | I meet the goals that I set for myself. | | ➀ | ➁ | ➂ | ➃ |

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**Section 3: SPANE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Very Often or Always** |  |  |  |  |  |
| Please think about what you have been experiencing *during the* | | **Often** |  |  |  |  |  |
| *past 4 weeks*. Then report how much you experienced each of | | **Sometimes** |  |  |  |  |  |
| the following feelings using the scale below. Select a number | | **Rarely** |  |  |  |  |  |
| 1 to 5, and indicate that number below. | | **Very Rarely or Never** |  |  |  |  |  |
|  |  | |  |  |  |  |  |
| **18.** | Positive | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **19.** | Negative | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **20.** | Good | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **21.** | Bad | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **22.** | Pleasant | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **23.** | Unpleasant | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **24.** | Happy | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **25.** | Sad | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **26.** | Afraid | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **27.** | Joyful | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **28.** | Angry | | ➀ | ➁ | ➂ | ➃ | ➄ |
| **29.** | Contented | | ➀ | ➁ | ➂ | ➃ | ➄ |

**Section 4: Self-Esteem**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | **Strongly Agree** |  |  |  |  |
| Below is a list of statements dealing with your general | | **Agree** |  |  |  |  |
| feelings about yourself. Please indicate your response below. | | **Disagree** |  |  |  |  |
|  | | **Strongly Disagree** |  |  |  |  |
|  |  | |  |  |  |  |
| **30.** | I feel that I am a person of worth, at least on an equal plane with others. | | ➀ | ➁ | ➂ | ➃ |
| **31.** | I feel that I have a number of good qualities. | | ➀ | ➁ | ➂ | ➃ |
| **32.** | All in all, I am inclined to feel that I am a failure. | | ➀ | ➁ | ➂ | ➃ |
| **33.** | I am able to do things as well as most other people. | | ➀ | ➁ | ➂ | ➃ |
| **34.** | I feel I do not have much to be proud of. | | ➀ | ➁ | ➂ | ➃ |
| **35.** | I take a positive attitude toward myself. | | ➀ | ➁ | ➂ | ➃ |
| **36.** | On the whole, I am satisfied with myself. | | ➀ | ➁ | ➂ | ➃ |
| **37.** | I wish I could have more respect for myself. | | ➀ | ➁ | ➂ | ➃ |
| **38.** | I certainly feel useless at times. | | ➀ | ➁ | ➂ | ➃ |
| **39.** | At times, I think I am no good at all. | | ➀ | ➁ | ➂ | ➃ |

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