

My Guide Inside® Book II
Learner MGI II Pre-Assessment and Post-Assessment

Class _____ Name _____ Date _____

Please complete a copy of this survey before the first chapter *and* a copy after the last chapter!

Circle the answer that is true for you for each statement.	Almost Never	A Little	Some	Mostly	A Lot
1. I am happy with my life.	Almost Never	A Little	Some	Mostly	A Lot
2. I wait for good ideas to pop into my head.	Almost Never	A Little	Some	Mostly	A Lot
3. When I worry I let it go.	Almost Never	A Little	Some	Mostly	A Lot
4. I make friends easily.	Almost Never	A Little	Some	Mostly	A Lot
5. I think too much.	Almost Never	A Little	Some	Mostly	A Lot
6. I like who I am.	Almost Never	A Little	Some	Mostly	A Lot
7. I catch myself when I am getting upset.	Almost Never	A Little	Some	Mostly	A Lot
8. I am a good student.	Almost Never	A Little	Some	Mostly	A Lot
9. I know who to ask for help.	Almost Never	A Little	Some	Mostly	A Lot
10. I stay out of conflicts with others.	Almost Never	A Little	Some	Mostly	A Lot
11. I like my feelings.	Almost Never	A Little	Some	Mostly	A Lot
12. Deep inside I know the right thing to do.	Almost Never	A Little	Some	Mostly	A Lot

After you complete this entire class, please also answer this one question. Thank you!

What is the most important thing you learned from *MGI* that has really helped you out?