***UNLEASHED* POST-SURVEY**

(Complete this when you finish the 12-Weeks to Total Mental Fitness program.)

After completing the *12-Weeks to Total Mental Fitness* program:

1. I would rate my self-esteem as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2. I would rate my self-confidence as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3. I would rate my ability to honestly evaluate my strengths and weaknesses as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

4. I would rate my ability to tackle problems head on as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

5. I would rate my ability to set a personal goal and do the necessary work as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

6. I would rate my ability to work hard and not give up as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

7. I would rate my ability to follow through with goals as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

8. I would rate my ability to make personal changes as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

9. I would rate my mental toughness as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

10. I would rate my personal mental fitness as:

very low									very high
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐