

Big Mind vs. Little Mind

Self-Assessment

This self-assessment is designed to help you reflect on how often you operate from "Little Mind" (reactive, emotional, and stressed) versus "Big Mind" (clear, calm, and insightful). Understanding where you are can help you make conscious shifts toward accessing Big Mind more frequently, allowing for greater emotional resilience, clarity, and better decision-making.

Part 1: Little Mind Tendencies

Rate each statement from 1 to 5: 1 = Rarely true | 5 = Always true

1. I often feel overwhelmed by situations at work or in life.
2. I react emotionally to challenges without taking time to reflect.
3. I frequently take things personally, even when they may not be.
4. When stress arises, I feel like I need to fix everything immediately.
5. I get easily frustrated when things don't go as planned.
6. I struggle to detach from the pressure of deadlines or expectations.
7. I often feel that my emotions are controlling me, especially in stressful situations.
8. When something goes wrong, I find myself dwelling on it for a long time.
9. My decision-making feels rushed and driven by fear or frustration.
10. I often lose sight of the bigger picture when challenges arise.

Part 2: Big Mind Tendencies

Rate each statement from 1 to 5: 1 = Rarely true | 5 = Always true

1. I'm able to step back and see challenges from a broader perspective.
2. I tend to remain calm and composed, even in high-pressure situations.
3. I can pause before reacting and give myself time to reflect.
4. I often realize that stress is a temporary thought rather than an actual problem.
5. I can maintain emotional balance and not let circumstances dictate my mood.
6. I understand that my experience comes from my thinking, not the external situation.
7. I'm able to find clarity even when things seem chaotic.
8. I trust that I can handle challenges without overthinking them.
9. I focus on long-term solutions rather than short-term emotional reactions.
10. I recognize that difficult emotions, like stress or anxiety, will pass if I don't feed them with more thought.

Part 3: Reflection

Score Summary:

- **Little Mind Total:** Add up your scores from the Little Mind section (Max = 50).
- **Big Mind Total:** Add up your scores from the Big Mind section (Max = 50).

Interpretation:

- **If your Little Mind score is higher than your Big Mind score:** You may be operating from a reactive, emotionally driven mindset in many areas of your life. Recognizing this is the first step toward shifting into a more empowered state of mind.
- **If your Big Mind score is higher than your Little Mind score:** You're already tapping into a broader, more reflective perspective in most situations. Keep practicing this awareness to reinforce it in your daily life.

Moving Forward:

1. **Focus on areas where your Little Mind score is high.** What specific situations tend to trigger reactivity or stress? Reflect on how you can pause and gain clarity before reacting.
2. **Celebrate your Big Mind strengths.** What helps you stay calm and focused under pressure? How can you use these strengths more consistently?
3. **Make a conscious effort to pause in challenging moments.** When you feel your Little Mind taking over, take a breath, zoom out, and ask yourself, "Where is this experience coming from?"

Call to Action:

If this assessment has given you insight into how often you operate from Little Mind versus Big Mind, and you want to dive deeper into making more consistent shifts toward clarity and emotional freedom, let's connect. [Schedule a discovery call](#) with me today, and we'll explore how to access Big Mind in your everyday life for more resilience and success.