

THE POSITIVE EXPECTATIONS QUESTIONNAIRE

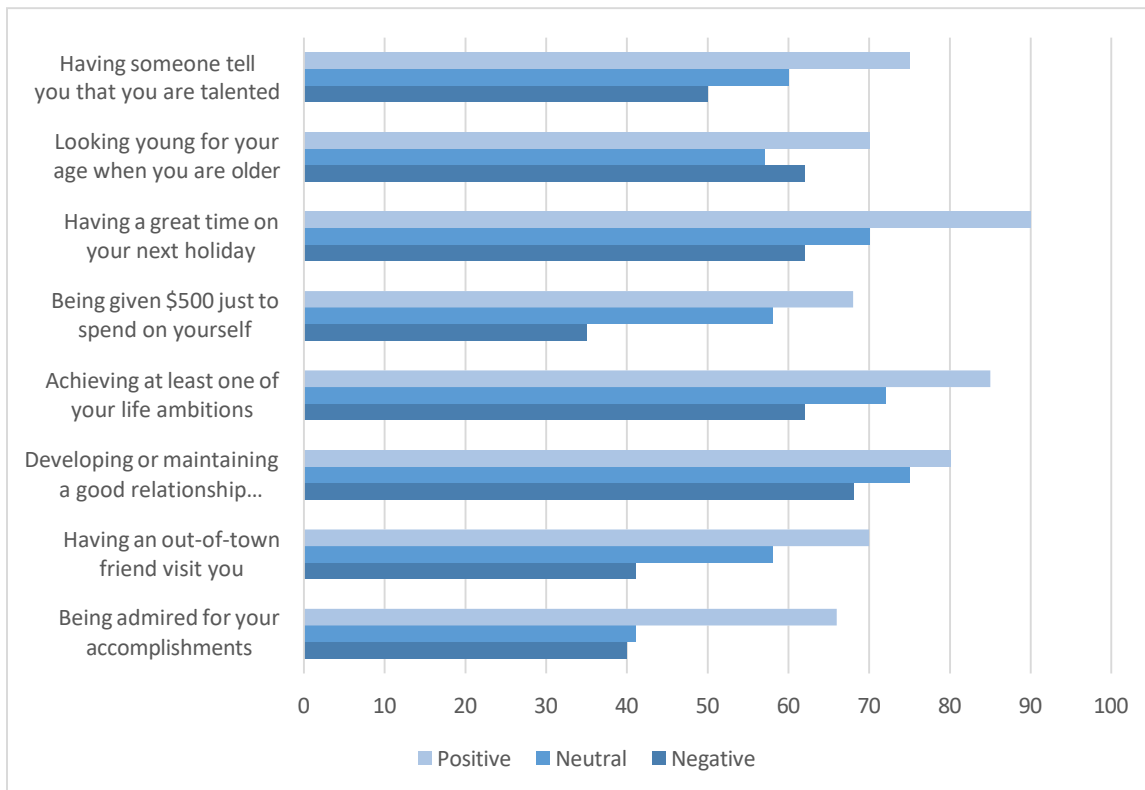
Scoring

To score the questionnaire, add up the numbers that you have written on the right side of the page and divide the total by 8.

- Low scores are between 0 and 45.
- Medium scores are between 46 and 74.
- High scores are between 75 and 100.

What are your expectations for positive events in your future?

As shown in the graph below, more positive people's expectations of good things happening to them were massively higher than the expectations held by more negative people.



Note: Adapted from *The Luck Factor* by Richard Wiseman