

**UNLEASHED: PRE- & POST-SURVEY ANSWER KEY**

Question: I would rate my....		Pre-Survey	Post-Survey
1	self-esteem as:		
2	self-confidence as:		
3	ability to honestly evaluate my strengths and weaknesses as:		
4	ability to tackle problems head on as:		
5	ability to set a personal goal and do the necessary work as:		
6	ability to work hard and not give up as:		
7	ability to follow through with goals as:		
8	ability to make personal changes as:		
9	mental toughness as:		
10	personal mental fitness as:		

**1 = very low and 10 = very high**

**UNLEASHED: PRE- & POST-SURVEY COMPARISON CHART**

