



## THE KLANDESTINE MIND QUESTIONNAIRE



**"Whether you think that you can, or that you can't, you are usually right." – Henry Ford**

Before you start or think of starting your Klandestine Mind Course I would like you to undertake the following Questionnaire, which will establish where you are at this point in time in all areas of your life. For example, how much you like yourself, how loveable you think you are and how much you think you deserve from your life.

Do not spend too much time pondering over each question – just concentrate on listening to your ‘gut feelings’ about each question and answer it honestly. Please **do not** take a ‘peek’ at the scores at the end of the questionnaire before you start, as this will affect how you answer the questions and you will not get a true picture of where you stand at this present time and all you will be doing is deluding yourself and that is the last thing you want to do!

OK Let's go.

### **Question One:**

**Are you happy with your love life?**

- a) No, it could be a lot better.
- b) What love life?
- c) I am not happy or unhappy with it.
- d) Yes, I am happy with it.

### **Question Two:**

**To what extent do you think you could increase your yearly income?**

- a) Not really very much.
- b) If I tried hard I could double it
- c) I could earn three or four times my present income if I really tried.
- d) I could become one of the 5% top income earners if I decided that this was what I wanted.

### **Question Three:**

**Do you want to drive a better car?**

- a) I don't drive but I wish I did.
- b) Absolutely yes!

- c) I drive the car I want but if I wanted a better one I would go out and buy it.

**Question Four:**

**When was the last time you had a holiday?**

- a) This year.
- b) Two years ago.
- c) In the last five years.
- d) More than five years ago.

**Question Five:**

**How much time do you spend doing the things you want to do?**

- a) Hardly any as there are just too many demands on me.
- b) Not nearly as much as I would like.
- c) Quite a lot.
- d) I take as much time as I need to do what I want.

**Question Six:**

**Is there somewhere you have always wanted to visit?**

**If the answer is yes answer question 6b**

**If the answer is no answer question 6c**

**Question 6b**

Why have you not gone there?

- a) I just can't afford to do it.
- b) I have too many responsibilities to just get up and go.
- c) I am going there very soon.

**Question 6c**

- a) I am very happy here at home.
- b) I have been everywhere I want to go.
- c) I prefer to stay at home because I do not like foreign countries.

**Question Seven:**

**Do you deserve to travel first class?**

- a) Yes.
- b) Yes, but I will never be able to afford it.

- c) No, only other people who are rich do that.

**Question Eight:**

**If I told you that you could get anything you wanted by just believing in it – what do you think of this idea at present?**

- a) It makes a lot of sense and it is something that I have secretly believed for years.
- b) It sounds interesting but I just don't quite believe it.
- c) I really don't believe it at this moment in time.
- d) I don't believe it and I will take a lot of convincing.

**Question Nine:**

**When you go to the theatre, the cinema or to see a show what tickets do you buy?**

- a) Tickets for the most expensive seats.
- b) Tickets for expensive seats.
- c) Tickets for medium priced seats.
- d) Tickets for the cheapest seats.
- e) I never go to anything like this.

**Question Ten:**

**How often do you give yourself a treat?**

- a) Probably too often.
- b) Hardly ever.
- c) Now and again.
- d) Never ever.

**Question Eleven:**

**How easy would it be for you to just work half the week you work at present and earn twice your current wage or salary?**

- a) Impossible!
- b) Theoretically it might be possible – but I just can't see how.
- c) I suppose it can be done.
- d) Quite easily if I put my mind to it.

**Question Twelve:**

**Could you learn to fly an aeroplane?**

- a) Yes, if I had enough time and money.
- b) I doubt it, as I am not very good at that sort of thing.

- c) No way!
- d) I am not sure but I would give it a try.

**In the table below put your scores in the P and I columns by putting the score indicated after your chosen answer and then add them up. For example if your answer carries a score of 4P put 4 points in the P column and if it carries a score of 3I put 3 points in the I column. Scores such as 5P, 2I mean that you put 5 points in the P column and 2 in the I column.**

YOUR SCORE			
		P	I
Question 1	a) 3P, 4I b) 4P, 5I c) 2P, 3I d) 1P, 1I		
Question 2	a) 5I b) 3I c) 2I d) 1I		
Question 3	a) 3P, 3I b) 4P, 4I c) 1P, 1I		
Question 4	a) 1P, 1I b) 2P, 2I c) 3P, 3I d) 5P, 5I		
Question 5	a) 4P, 4I b) 3P, 3I c) 2P, 2I d) 1P, 1I		
Question 6b	a) 4I b) 3P, 3I c) 4P d) 1P, 1I		
Question 6c	a) 2P, 2I b) 1P 1I, c) 3P, 3I		
Question 7	a) 1P, 1I b) 1P, 3I c) 3P, 1I		
Question 8	a) 1P, 1I b) 2P, 2I c) 3P, 3I d) 5P, 5I		
Question 9	a) 1P b) 2P c) 3P d) 4P e) 4P		
Question 10	a) 1P b) 3P c) 2P d) 5P		
Question 11	a) 5I, b) 4I c) 2I d) 1I		
Question 12	a) 1I b) 4I c) 5I d) 2I		
<b>TOTAL</b>			

## SCORING

The **P score total** indicates your present level of Positive Self Image belief (PSI), which shows how much you value yourself as a person. This indicates how high your Self Esteem is and tells you how loveable you think you are and how much you value yourself as a person etc. **As having a great PSI is very important for your success and happiness it is extremely important that you work on getting your PSI as high as you possibly can,** so you will dwell on this topic at great length in your Klandestine Mind Course. For this exercise the ***lower your P score the higher your PSI.*** Improving your PSI belief is not an easy task but with the guidance from your Klandestine Mind Course I guarantee that you will be able to improve it – if you just do the PSI improvement exercises by reading them, studying them, visualizing them and then performing – you **RSVP**. Lots more on RSVP in your Klandestine Mind lessons.

The **I score total** indicates your present I CAN DO IT belief, which shows you how capable you think are of doing things – it is the ‘nuts and bolts’ part of your self esteem and is less difficult to improve than your PSI but you must address both these topics, improving your PSI and your I CAN DO IT belief if you want to succeed in your life and be happy. As an example look at how you answered question twelve on how capable you thought you were about flying an aeroplane. It is also very important for your success and

happiness that your I CAN DO IT believe is positive and as high as possible, so this is another topic that you will dwell on at great length in your Klandestine Mind Course. Again for this exercise the **lower your I score the higher your I CAN DO IT belief.**

## **PSI BELIEF**

**Look at your TOTAL score in the P column.**

**10 points or less:** Well done, your PSI level is very high and your image of yourself is very high. You most likely feel that you deserve all the good things in life – but maybe you just don't know how to set about getting them. Don't become complacent though as you will benefit a great deal from the PSI exercises in your Klandestine Mind course and your goal setting and getting exercises, although you are well on your way to your success and happiness.

**11 to 23 points:** You have quite a high PSI and a good image of yourself and think that you are a worthwhile person. Your PSI could do with a boost though, so I recommend that you concentrate on the exercises on improving your PSI in your Klandestine Mind Course and your goal setting and getting exercises.

**24 to 30 points:** Your PSI belief is dangerously low and this is probably the main reason that you are not achieving the success and happiness you deserve – I know that you deserve it but you are just not that sure. Don't worry your Klandestine Mind Course is aimed precisely at you and even I initially started with a very low PSI. Really pay attention to the exercises on improving your PSI and your goal setting and getting in your Klandestine Mind Course and you will be amazed at the positive results you will get.

**31 to 40 points:** There is no denying it – your PSI belief is at rock bottom and you do not believe that you are worth very much at all and you do not think that you deserve to succeed – and that is the reason that you are constantly failing. Just get to work on the exercises on improving your PSI belief and the goal setting and getting exercises in your Klandestine Mind Course and you will be amazed at what you will be able to achieve. If I managed to dramatically increase my PSI belief, so can you

## **I CAN DO IT BELIEF.**

**Look at your TOTAL score in the I column.**

**10 points or less:** Well done you have a strong belief in your ability to do things and no challenge is likely to throw you because you know that you can do almost anything you put your mind to. Again I must repeat that you must not become complacent because you will improve your I CAN DO IT belief even further by undertaking the exercises in your Klandestine Mind Course even though you have a head start in this area.

**11 to 25 points:** You have quite a high I CAN DO IT belief and can achieve most of the things you want to do and the things that you fail at are due to your deep-seated I

CANT'S. By spending time on the I CAN DO IT exercises in your Klandestine Mind Course you will overcome your I CANT'S and soon be on the road to all your successes and happiness.

**26 to 34 points:** Your I CAN DO IT belief level is quite low and there are many things, which you think that you cannot do – even though there is no logical reason for this belief. Please do not panic, as your Klandestine Mind Course I CAN DO IT exercises will boost your level of belief to a point where you will achieve anything that you put your mind to, so please pay careful attention to these I CAN DO IT exercises.

**35 to 45 points:** You have an extremely low I CAN DO IT belief, which has probably been 'scuppering' all your attempts to achieve the things you want to do. You do not believe in your own abilities so your opportunities are severely limited to a small handful of activities. You must start as soon as possible working on your Klandestine Mind Course exercises on how to improve your I CAN DO IT belief and within a very short space of time you will become aware of your progress. I have known a great number of people with very high I CAN'T DO IT beliefs who found that after just a week or so of doing these exercises they were able to accomplish things that before then they had thought of as impossible.

## SUMMARY

Before you mutter, 'What a load of 'hog wash' and what the heck has this to do with me finding my soulmate or improving my current relationship?' Let me tell you – *a heck of a lot! Because unless you improve your PSI and your I CAN DO IT beliefs – you ain't going nowhere. It is summed up in the quote:*

**'If you just keep on doing what you are doing you will just keep on getting what you are getting.'**

Yes, just think about it – *if you are not happy with your lot in life then you are going to have to change some of the things that you are doing at present or your life will just continue in that same mode that is causing you your dissatisfaction or as I call it disease.* The Klandestine Mind Course is tried and tested and I am living proof that it works, along with The Klandestine Mind Course 'guinea pigs'. If you decide not to study The Klandestine Mind Course then only you will lose out and you will most likely stay in that rut that is your present life. If you do decide to enroll on The Klandestine Mind Course I will offer you a cast iron guarantee:

***If on receipt of your first lesson, you decide that The Klandestine Mind Course is not for you – then your money will be promptly refunded and no questions will ever be asked. If at a later date you decide that you want to 'duck out' of The Klandestine Mind Course – then you will only pay for the course material that you have already received and again no questions will ever be asked. Any Klandestine Mind 'freebies' that you have received during this time will also be yours to keep.***

If you have come this far then I am certain that you want to change your lot in life and I can think of no easier method than your Klandestine Mind Course. At the most it will take you about half an hour each day to read, study, visualize and perform (RSVP) the tasks and exercises of your Klandestine Mind Course – and if you think that some of the population spend up to 22 hours every week watching mindless ‘crap’ on the television, this is no big deal is it? Especially when you consider the rewards. The sheep I call them, who watch all the soaps on TV and then relate to them as if it was real life are a sad lot. If you are one of them all I can say is, ‘Get a grip!!’

Go back to the first page and re-read Henry Ford’s quote and just think about it. It is just your present conception about your life that is stopping you from achieving everything you really want to do!

**"Whether you think that you can, or that you can't, you are usually right." – Henry Ford**

You might be thinking at this point like my friend Andy who said, ‘I went to that positive thinking seminar given by Anthony Robbins, the American life coach and came away all ‘fired up’ and ready to improve my life but four days later I was back to square one.’ ***This happens because unless the incentive to keep improving your lot in life is at the forefront of your mind it is unlikely that you will succeed.*** Unless your purpose to improve your life is there with you on a daily basis, it is most likely that you will fail. Hey, we human beings are a fairly lazy lot!

**This happens because, to improve your life the actions that you take must be repeated on a daily basis and then after 30 repetitions they will become a habit.** That is why your Klandestine Mind Course comes in monthly installments – you have around 30 days to practice each monthly lesson and that along with the kicks I will give you in your butt will keep you on course. For example your goal setting and getting, after lesson two must be repeated on a twice-daily basis – but heck that will only take you 30 minutes a day at the most. If you are thinking, ‘I don’t have the time to do this.’ I am sure that if I told you that I would give you all the £20 notes you could count in half an hour – I am sure you would find the time and **your Klandestine Mind exercises and your goal setting and getting will be worth a lot more to you than these £20 notes!**

Your Klandestine Mind Course is simple and easy to follow but you will have to apply yourself and at times I am fairly hard hitting, so it will not be a ‘tea party’ but the results will be well worth your efforts. There is no padding or pretty pictures in the Klandestine Mind Course because I have condensed it into 10 monthly parts, so if you want inspirational pictures – get your own and paste them on to the blank pages or keep them in a folder with your Klandestine Mind course.

Many of the self-improvement courses that I have subscribed to consisted of thirty or so pages each month and most of that was full of pretty pictures. I didn’t find most of them very inspirational and usually I had wasted around £500 a course so that is why I have

spent three years on the Klandestine Mind Course, which consists of all 'the good bits' I did find and has between 50 to 80 pages per lesson.

Your Klandestine Mind Course will allow you to get everything you want out of life – from finding your soulmate or improving the relationship you already have to getting all the success and happiness you want and it will only take you around 30 minutes a day – spend more time on it if you wish, the more time you spend on it the better your results.

Before you start thinking that this is a 'quick fix' for your life – IT IS NOT because there is no such thing. Everything in life takes effort and that is what you must apply – the bottom line is:

**No effort = No Result.**

If I have not convinced you to join me in your Klandestine Mind Course then all I can say is that I wish you all the best and I hope that you succeed in your life and are very happy. The Klandestine Mind Course is a very private thing between you and me and nothing that you ever disclose to me will ever be made public, unless you give me permission. I want to help you but I can only do that if you allow me to do it.

As I have said before, the easiest way for you to succeed and be happy is by applying yourself to the exercises in your Klandestine Mind Course – you must RSVP, but more on this in the course. I will finish with a quote that I find really inspirational and I hope that you do too.

**"Four little words sum up what has lifted most successful individuals above the crowd: 'a little bit more.' They did all that was expected of them and a little bit more." -Lou Vickery**

Kind Regards,

Marian Klastaitas.