

GUMPTIONWORK

Failure Calibration Tool

You can do this better online:

www.gumptionade.com/failure-calibration

How we create more success in our lives is a hard problem. Let us invert the problem and make it easier: How can we create less failure? The best way to start is to identify and remove it from our lives.

Your bad habits are recurring failures that lower your gumption. Some bad habits — say, a weakness for clutter — are regrettable but don't do heavy damage. Others are downright toxic to gumption and must be mapped.

Please write your worst habit here:

Please answer the following yes or no questions:

1. Do you try to hide this bad habit?
 Yes No
2. Do you wonder if you have a problem?
 Yes No
3. Do you feel uneasy when resisting this habit?
 Yes No
4. Is this bad habit a means of feeling better when having a bad day?
 Yes No

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5. Does your habit take too much of your time, or your money, or your thoughts?
 Yes No
6. Do you feel guilty after you engage in this habit but do it again soon?
 Yes No
7. Do you make promises to yourself about this habit and then break them?
 Yes No
8. Do you continue your habit, even though it causes health problems?
 Yes No

Bonus questions for readers whose bad habit is drinking:

9. Have you said the words “road beer” in the last month?
 Yes No
10. Have you ever had a blackout caused by drinking?
 Yes No
11. Have you lost your keys/wallet/phone in the past twenty-four months?
 Yes No
12. Have you switched to vodka?
 Yes No

Every yes answer is worth one point. If you scored two points or higher, you may have a dangerous habit. Welcome to the club. You will likely need WhoHowness to deal with it. Consider talking to a mental health professional. If you are a drinker, consider AA.

For the rest of you, what golden apples are your demons guarding?