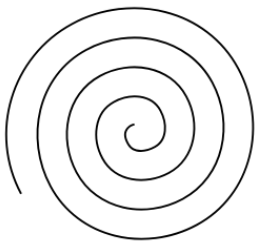


EXPLORER MINDSET QUESTIONNAIRE

HOW DO YOU APPROACH DISCOVERING NEW POSSIBILITIES?

The way you **explore the world** and approach challenges has a profound impact on your ability to **learn and implement change**. The **Explorer Mindset** is more than just curiosity—it's about **asking questions, uncovering unconventional solutions, and testing new paths**.

Some people naturally seek novelty and inspiration, while others prefer **predictability and proven methods**. Both styles have their advantages—this questionnaire will help you understand which one **dominates in your approach** and whether there is something worth strengthening to live more authentically.



INSTRUCTIONS:

Read each statement and assess how well it reflects your thinking and behavior. **There are no right or wrong answers**—this is an opportunity to reflect on how you approach **learning, exploration, and growth in your daily life**.

RESPONSE SCALE:

- 1 – Strongly Disagree
- 2 – Somewhat Disagree
- 3 – Sometimes Yes, Sometimes No
- 4 – Somewhat Agree
- 5 – Strongly Agree

I eagerly take on new challenges because I see every situation as an opportunity for growth.	1	2	3	4	5
When I fail at something, I take it as proof that I lack talent in that area. <i>[R]</i>	1	2	3	4	5
Failures are just stepping stones to success, not definitive setbacks.	1	2	3	4	5
I tend to stick to proven methods, carefully weighing the risks of trying something new. <i>[R]</i>	1	2	3	4	5
Sometimes fear of failure holds me back, but I try new approaches anyway.	1	2	3	4	5
I often ask questions like “What else is possible?” or “What if...?”	1	2	3	4	5
I enjoy gaining new information and discovering things I hadn’t noticed before.	1	2	3	4	5
When learning something new, especially difficult, I feel curiosity and excitement.	1	2	3	4	5
If something doesn’t work out, I see it as a chance to learn and apply new knowledge in the future.	1	2	3	4	5
I usually choose what has worked before. <i>[R]</i>	1	2	3	4	5
I like experimenting with new ways of doing things, even if there is some risk involved.	1	2	3	4	5
I often reflect on how things could be different and whether they can be improved.	1	2	3	4	5
I don’t like situations where I don’t know the consequences of my actions. <i>[R]</i>	1	2	3	4	5
With persistence, I can develop any skills that are important to me.	1	2	3	4	5
If something doesn’t go well, I often lose motivation to keep going. <i>[R]</i>	1	2	3	4	5

RESULTS INTERPRETATION – EXPLORER MINDSET

“What if...?” – This question can change everything.

Questions drive the world forward. They open doors to futures you may not yet see. Your result in this questionnaire is not a label—it’s a starting point for reflection on how you approach **learning, exploration, and change**.

How often do you allow yourself to **discover, ask new questions, and test unconventional paths**? Or are you still searching for the courage to step into the unknown?

Calculate Your Score:

- First, **reverse** the values for statements marked with **[R]** (1 ⇌ 5, 2 ⇌ 4, 3 remains unchanged).
- Sum up your responses. The final score ranges from **15 to 75 points**.

61–75 Points – You Have a Natural Hunger for Discovery

Your **mind is a laboratory of possibilities**—you are fascinated by the unknown, and you see the world as a **space for continuous exploration**. You view **failures as part of the learning process**, and questions like **“What if...?”** come naturally to you.

- ✓ You eagerly **engage with new experiences** and rarely let fear of mistakes hold you back.
- ✓ You have a **tendency to seek unconventional solutions** and experiment with different approaches.
- ✓ **New ideas and possibilities inspire you**—you love to learn and discover.

How can coaching with me help you?

Your **curiosity and openness** are powerful assets—but do your ideas translate into **real action**? Coaching can help you **bring structure to your explorations** and ensure they lead to tangible **changes and results**.

Maybe you have a **vision** that has always been just a vague idea? Maybe there are **questions you haven’t asked yourself yet**? Let’s uncover them together and **create a roadmap** for the future you want to build.

40–59 Points – Curiosity Balanced with Caution

Your approach to new experiences is **measured**—you enjoy **exploration**, but you also **value proven methods**. You **understand that growth involves trial and error**, but sometimes you hesitate before taking a leap into the unknown.

- ✓ You **enjoy gaining new knowledge**, but you may be hesitant to test unproven solutions.

- ✓ You might occasionally think: **“Is this really for me?”** before trying something new.
- ✓ You **appreciate stability**, but also recognize the benefits of **new possibilities**.

How can coaching with me help you?

Coaching can help you **overcome subtle barriers**, identify areas where **you can be bolder**, and make **better use of your curiosity**.

Are there aspects of your life where **you feel drawn to a new approach but don't give yourself permission to explore it**? What might change if you **allowed yourself more freedom to experiment and discover**?

15–39 Points – What If...? (Yes, This Question is for You!)

You might value **predictability over spontaneous discovery**. New challenges **may feel intimidating**, and failures might seem like something to avoid rather than learn from. You may prefer **stability and familiar paths**, and uncertainty might make it hard for you to decide to try something new.

- ✓ **Uncertainty may feel unsettling**, making it difficult to take action.
- ✓ You **rarely allow yourself to experiment**, feeling you need to **“know the answer”** before making a move.
- ✓ You **tend to rely on what is known** rather than step into the unknown.

How can coaching with me help you?

Coaching can provide a **safe and supportive space** for you to **explore new possibilities without pressure**.

- ✓ Are there paths you **never considered** that could **bring new quality to your life**?
- ✓ Are there **questions worth asking**—not to change everything instantly, but **to see what might be waiting on the other side**?

WHAT'S NEXT?

Your approach to **learning and discovering** is not fixed—it can be **shaped, developed, and adapted** to fit your needs. **Anyone can learn to ask better**

questions, make more conscious decisions, and test new approaches, which might lead to breakthroughs.

Coaching is a space where we can do this together.

I can help you **refine your vision for the future, uncover untapped possibilities, and build a strategy that makes your thinking work to your advantage.**

What would your life look like if you allowed yourself to explore and ask bold questions?

What if your curiosity could become your greatest ally?

So... what if now is the perfect time to start?

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💡💡 Protecting Your Privacy:

This questionnaire is designed for your personal reflection. Please do not send me your results via email or other means – protecting your data is my priority. If we decide to work together in a coaching process, I may offer you a similar tool tailored to your individual situation.

💡💡 What's next?

If you found this experience valuable, why not take the next step? Coaching can help you fully unlock your potential and turn insights into meaningful action.

✨ Spread the inspiration!

Know someone who might benefit from a similar reflection? Feel free to share my website with those who might be interested in coaching.

💡💡 Check my website for up-to-date contact details and reach out if you'd like to learn more.

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