

# Assess your negative thinking

Your mind is a great gift, but it can either help or hinder you. You can sabotage your well-being and performance with negative thinking.

You can assess how much of the time your mind is serving you compared with how much of the time it is sabotaging you by taking the test below.

**[Is your mind helping or hindering?](#)**  
**[Click here](#)**

## Uncover your critical voices

We self-sabotage with the critical voices in our head. These voices lead to negative emotions and poor performance. Find out about your critical voices by taking the test below.

**[Discover your saboteurs](#)**  
**[Click here](#)**