

GET MOTIVATED WITH RAJ PERSAUD

Psychologists now believe that whether you tend to dwell on the past, present or future predicts more about your personality and the kind of life you will lead than any other aspect of your psychology. It has been found that you can divide all people into three groups, depending on your 'time perspective': Past Types, Present Types and Future Types.

WHAT TYPE ARE YOU - PAST, PRESENT OR FUTURE?

PAST, PRESENT OR FUTURE SCALE

Each statement is followed by two possible responses: agree or disagree. Read each statement carefully and decide which response best describes how you feel. Then tick the corresponding answer. Please reply to every statement. If you are not completely sure which response is more accurate, put the one that you feel is most appropriate. Do not read the scoring explanation before filling out the questionnaire. Do not spend too long on each statement. It is important that you answer each question as honestly as possible.

		AGREE	DISAGREE
1	I don't like thinking about the future	<input type="checkbox"/> A	<input type="checkbox"/> B
2	I tend to lose my temper when provoked	<input type="checkbox"/> B	<input type="checkbox"/> A
3	Getting together with friends for a party is one of life's important pleasures	<input type="checkbox"/> A	<input type="checkbox"/> B
4	I make lists of things I need to do	<input type="checkbox"/> B	<input type="checkbox"/> A
5	Some things are worth doing just because they feel good	<input type="checkbox"/> A	<input type="checkbox"/> B
6	Extra money beyond what you strictly need should not be gambled with	<input type="checkbox"/> B	<input type="checkbox"/> A
7	I didn't finish many projects I have started doing because they got too boring	<input type="checkbox"/> A	<input type="checkbox"/> B
8	In life the destination is more important than the journey	<input type="checkbox"/> B	<input type="checkbox"/> A
9	It is important to take risks to put some excitement in your life	<input type="checkbox"/> A	<input type="checkbox"/> B
10	Every morning I try to plan my day ahead	<input type="checkbox"/> B	<input type="checkbox"/> A

SCORE

Add up your score by totalling the number of As and Bs you have ticked.

8 or more Bs: FUTURE TYPE

You are very oriented towards the future, which means you place a great value on doing future-inclined activities: for example you are willing to devote considerable financial and personal resources to long-term projects like education and professional training. These lead to immediately undesirable problems like these activities being an unsociable way to spend personal time, but ultimately a more desirable future state will be achieved. So it is likely you will attain higher status in life than most of your friends from school, but you will probably be less popular than they.

Between 4 and 7 Bs: PRESENT TYPE

You are very focused on the present compared to higher scorers and this means you tend to be impulsive, responding to how you feel from moment to moment, with your heart ruling your head. As a result, you are a bit of a sensation seeker, craving novelty and excitement.

Between 0 and 3 Bs: PAST TYPE

You tend to be much more past oriented than higher scorers. This means that significant events from times gone by tend to overly influence your view of the future, perhaps making you too cautious. Or it might be that something so positive happened to you before that you now devote yourself to trying to recapture what happened, not sufficiently realizing that the future is always different from the past.

For further information on these or any of the other items featured on Richard & Judy, please email richard&judy@channel4.com