

## *The Explorer System*

### **What's your comfort level?**

For each item, circle the alternative that best fits you.

**SA** = strongly agree

**A** = agree

**N** = neutral

**D** = disagree

**SD** = strongly disagree

1. I become excited about the prospect of learning something new.

**SA A N D SD**

2. I dislike the comfort of routines and usually welcome all changes.

**SA A N D SD**

3. I enjoy change for its own sake. **SA A N D SD**

4. I become bored very easily. **SA A N D SD**
5. I am often thrilled about the possibility of exploration and adventure.  
**SA A N D SD**
6. I don't like things in my life to be very predictable.  
**SA A N D SD**
7. Life is a grand adventure for me. **SA A N D SD**
8. I am curious about what's just over that "next hill" in life.  
**SA A N D SD**
9. I like to seek new stimulation. **SA A N D SD**
10. I feel a thrill in mastering something new. **SA A N D SD**
11. After doing the same thing for a while, I am anxious to move on.  
**SA A N D SD**
12. I often want to visit new places and try new foods.  
**SA A N D SD**
13. Once I master something, I hate for conditions to stay the same. I'm  
looking for something new to master. **SA A N D SD**
14. At times, I find myself longing for new experiences.  
**SA A N D SD**
15. I love surprises. **SA A N D SD**
16. I love to travel. **SA A N D SD**
17. I am curious about many things I don't know about.  
**SA A N D SD**
18. I generally feel comfortable traveling. Travel for me is a pleasant expe-  
rience. **SA A N D SD**

**SCORING****SA** = 2 points**A** = 1 point**N** = 0 points**D** = -1 point**SD** = -2 points**FOR THIS QUESTIONNAIRE**A score of 20 or above is *high*.A score of 12 to 19 is *medium*.A score of 11 or below is *low*.

Add to get your total Explorer Comfort Level score: \_\_\_\_\_.

**YOUR EXPLORER COMFORT LEVEL SCORE**

If you scored 12 or above, your comfort level in the Explorer system is in the medium to high range. This means that you like a lot of discovery, adventure, and new experiences in your life. You're most at ease when the Explorer in you is activated a lot.

If you scored 11 or below, you prefer predictability. You dislike change and don't require a great deal of adventure and new stimulation in your life. You are generally content with the way things are and enjoy routine. You are not much of an Explorer right now. You're most at ease when the Explorer in you is fairly quiet.

### Is your life in sync with your Explorer system?

Next, evaluate your current experience with the Explorer system by answering these questions.

1. My current life does not provide me with enough stimulation, newness, or adventure. **SA A N D SD**
2. My current life provides me with too much routine. **SA A N D SD**
3. I find a lot in my life to be the same old thing and I am tired of it. **SA A N D SD**
4. There is not enough stimulation in my life for me. **SA A N D SD**
5. I think life moves at too slow a pace. **SA A N D SD**
6. I am bored a lot right now. **SA A N D SD**
7. I wish the pace of my life would speed up for a while and I could see more changes. **SA A N D SD**
8. I wish my life was less predictable. **SA A N D SD**
9. I yearn for more adventure. **SA A N D SD**
10. There are far too few surprises in my life. **SA A N D SD**

#### SCORING

**SA** = 2 points

**A** = 1 point

**N** = 0 points

**D** = -1 point

**SD** = -2 points

Add to get your total Explorer Current Life score: \_\_\_\_.

#### YOUR EXPLORER CURRENT LIFE SCORE

If you scored above 5, you feel that your current life understimulates your Explorer system. You need a life that gratifies the Explorer in you more than it does.

If you scored between -9 and 4, you feel that your current life is just right for stimulating your Explorer system.

If you scored below -10, you feel that your current life overstimulates your Explorer system. Your current life pushes you to be more of an Explorer than you want to be.