

Know Thyself

(my thanks to Nancy Kay for this assessment!)

How satisfied are you with your life?

These 30 questions are designed to be a snapshot into how personally satisfied and successful you are. You may be one of the few who has been on the path of self-awareness for some time, or you may be new to this journey. Either way, this assessment can help you identify the areas which you are strong and those which need to be strengthened. Designing your life to be passionately aligned to your values and desires takes *intentionality* every day.

Don't focus on your score – instead focus on how you can live a more intentional and fulfilled life. Come back and take this assessment in six months to measure your progress.

Directions: Click True if the statement is true or mostly true for you or False if the statement is false or mostly false for you.

1. My work/career is energizing to me. It doesn't drain me.

- True
- False

2. I am happily married or happily single.

- True
- False

3. I am at peace with the people in my life.

- True
- False

4. I have close friends that I enjoy and are easy to be around.

- True
- False

5. My work is not all of my life, but it is a fulfilling part of my life.

- True
- False

6. I am at peace with God.

- True
- False

7. I have a few best friends and care for them well.

- True
- False

8. I have my debt obligations under control.

- True
- False

9. I spend my leisure time doing things I totally enjoy.

- True
- False

10. I take delight in simple things.

- True
- False

11. I look forward to getting up every morning.

- True
- False

12. I have enough discretionary money for fun things.

- True
- False

13. My boundaries are strong enough that people respect me, my needs, and what I want.

- True
- False

14. I don't spend time with anyone who is using me.

- True
- False

15. I have no problem asking for what I want.

- True
- False

16. There is nothing I am avoiding or have apprehension about.

- True
- False

17. I know what my goals are, and I am steadily making progress to make them a reality.

- True
- False

18. I am energetic throughout the day; I usually don't feel exhausted.

- True
- False

19. My personal needs have been satisfied; I am not driven by unmet needs.

- True
- False

20. I don't procrastinate to get things done. I feel on top of what I need to get accomplished.

- True
- False

21. I know my personal values, and my life is oriented around them.

- True
- False

22. My home brings me joy every time I walk inside.

- True
- False

23. I am taking good care of my body and receiving proper, effective care for any health problems I have.

- True
- False

24. I am living my life, not the life that someone else designed for me or expected of me.

- True
- False

25. I reduce stress daily by praying, meditating, taking a long bath, exercising, walking, etc.

- True
- False

26. I simply enjoy my life and focus on what fulfills me.

- True
- False

27. I choose to only be around people that are good for me.

- True
- False

28. There is nothing I am not facing head-on. I am not stuck.

- True
- False

29. I have at least an hour a day that is exclusively for me, and I spend it how I choose.

- True
- False

30. I don't live with regrets.

- True
- False

Your results:

25 trues : Great Job!

Congrats - your results say you scored Great Job! Though this is a tough test, your score is very high— and there may be an area or two you would like to improve.

Having a meaningful and fulfilled life takes intentional and purposeful work. It doesn't just happen.

Those who experience a fulfilled life typically have the following characteristics:

- They are self-aware
- They have a good sense of their identity
- They are optimistic in their view of the world
- They can express their feelings freely and effectively
- They are flexible and can adjust to change
- They are aware when they are stressed and know how to handle it in a healthy manner
- They enjoy life
- They don't feel stuck
- They see setbacks as temporary

Complete the following exercise to help you find an area you would like to strengthen.

Self-Care Questionnaire

- Have I been honest with those who care enough to ask how I really am?
- How long has it been since I have done something spontaneous and fun, either alone or with those whom I love?
- Have I cultivated the contemplative and quiet side of my life?
- Have I set limits on my availability?
- Have I cared for my physical body well by getting enough rest, eating properly, and exercising?

18 Trues : Pretty Good!

Your results say you scored Pretty Good! Your life's fulfillment isn't too bad, but with a little work you can experience greater satisfaction in your life. Are you ready? Complete the exercise below to continue on your journey of self-awareness. Make it a goal to work on an area that needs improvement. Check back often and don't forget to re-take this test in 2-4-6 weeks to see how you are doing.

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Questions to Ask Yourself

Insight comes from taking the time to ask yourself questions. Give yourself plenty of time to do this exercise. Contemplate on one or all of the questions below. Use them as your guide to start the process of aligning your life with your authentic self. Remember, there is no right or wrong answer, only insight. Write down a phrase or sentence for each question. *Note: After reviewing these questions, spend some time in reflection or journal your thoughts.*

- How would you describe your life up to this point?
- What is the most important value in your life?
- What are the primary emotions that drive your life?
- What do you do for fun?

12 Trues : Need a Little Help!

From time to time we all need a little help. So, it's your time for some self-reflection to understand why you feel the way you do. Is there any area you can make changes in? Is it a temporary condition or have you just not paid attention to your life yet? Make it a goal to work on area that needs improvement. Then re-take this test in 2-4-6 weeks to see how you are doing.

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Complete the following exercise to help you find an area you would like to focus on.

What area of your life isn't aligned with your values?

Checklist for Personal Values

Below is a list of personal values (this is a partial list). Select the five that are most important to you as guides for components of a valued life.

Susan Bock

Creator of **The Uniquely You Business Success Formula**©

Attract Clients | Increase Profits | Enjoy Freedom

- Achievement
- Advancement and promotion
- Adventure
- Affection (love and caring)
- Change
- Competition
- Cooperation
- Country
- Creativity
- Democracy
- Economic security
- Ethical practice
- Excellence
- Fame
- Family
- Friendships
- Growth
- Helping others
- Honesty
- Independence
- Influencing Others
- Leadership
- Meaningful work
- Nature
- Order (tranquility, stability, conformity)
- Physical challenge
- Pleasure
- Power and authority
- Privacy
- Purity
- Recognition
- Religion
- Reputation
- Responsibility
- Self-respect
- Stability
- Status
- Spirituality
- Other: _____

Congratulations for taking the time to discover – or uncover – more of who you are and want to be. It's quite an adventure and I'd love to talk with you about how I can support you on this quest.

If you'd like to benefit from my 20+ years of coaching and mentoring women to step out of uncertainty and into confidence, then you'll want to schedule your complimentary **Business Breakthrough Strategy Session** right now!

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Susan

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