

How's Your Life Going?

Self-Assessment Quiz

Read the following statements and check true or false. The more true statements, the more harmonious your life will feel.

- I consistently have adequate time in my life.
- My hair is the way I want it.
- My body is the way I want it.
- I have something to look forward to virtually every day.
- I usually don't rush or do things at the last minute.
- I am neat and put things away after I use them.
- I am consistently early or easily on time.
- I have had a complete physical exam in the past three years.
- I am aware of the physical or emotional problems or conditions I have, and am addressing them.
- I am aware of the importance of good nutrition and do my best to eat healthy.
- I have told my parents in the last three months that I love them.
- If I need help with my work at my job, I ask for assistance.
- I exercise at least three times per week.
- I usually don't complain or whine about things I can't control.
- I'm working to reach or expand my potential at work.
- There is no one whom I would dread or feel uncomfortable running into (in the street, at an airport, or party).
- I do not gossip or talk negatively about others.
- I have a best friend.
- I realize that it's not good to keep my concerns/problems bottled-up inside and seek a friend or someone who I can talk with.
- I receive enough love from people around me to feel good about myself.