

Live a Great Life!

Self-Assessment Quiz

Read each statement and check true or false. The more true statements checked, the more balanced and harmonious your life will feel.

Boundaries and Standards

- I spend time with people who see the best in me, not with those who belittle me.
- I quickly sense toxic people and stay away.
- I know my three core needs and get them met.
- I know my three core values and honor them.
- I speak my mind and do what is right for me with integrity, not what I think I *should* do to please other people.
- I am open to others' feedback about me without being defensive.
- It is okay that everyone does not like or love me. *What they think of me is none of my business and what I think of them is none of their business.*

Living with Integrity

- I have forgiven those who have hurt me deeply, whether they deserve it or not.
- I live in the present, not the past or future.
- My job does not exhaust or tax me.
- I love myself deeply.
- My physical environment is completely in order. (No clothes, files or paper stacked around; things are clean and working well).

Participation and Community

- I have compassion for others and am able to establish appropriate boundaries.
- I surround myself with people who lift me up when going through a tough time. I don't abide by the concept, misery loves company.
- I have chosen a favorite community project that I give my time to on a consistent basis.
- I always look for ways to *authentically* praise others.