



Thriving Self-Assessment

This assessment will help you establish your Thriving baseline. You can revisit this assessment and take it again to track your progress and maintain a positive, empowered brain state.

Discover your personal starting point by answering the ten statements listed below based on your current situation and state of mind.

Record your score (0, 2, 3, or 4) for each statement.

0 = Never

2 = Sometimes

3 = Often

4 = Always

1. You think ahead and imagine how you'd like your main activities to turn out each day. _____
2. You are aware of how your feelings and attitudes directly affect your experience. _____
3. You strategize or create clear intentions before engaging in important or challenging situations. _____
4. You are conscious of your own self-talk and productively correct it when it becomes negative. _____
5. You're aware of your own deeper values and live them consistently throughout your day. _____
6. You consciously direct and influence your own experience and outcomes. _____
7. You have a clear vision for your life that guides your decisions and choices each day. _____
8. You regularly experience gratitude, enjoyment, wonder, or purpose during your day. _____
9. You are keenly interested in and often pursue personal growth and development. _____
10. You are comfortable reaching out for guidance or help when needed. _____

Add your 10 scores together to determine which category you land in. **Your Thriving Score** _____

CATEGORIES

- | | |
|----------------|--|
| 0 – 10 | You are in survival mode. Perfect timing! Today is the day to begin turning your life around. |
| 11 – 21 | You are heading in the right direction but tend to get detoured by feeling or thought patterns that no longer serve you. |
| 22 – 32 | You are on the right track and ready for a breakthrough. |
| 33 – 40 | You are thriving and ready to take your life to the next wonderful level. |