



Take the Thriving App Self-Assessment

Discover your personal GPS starting point by answering and circling your answers to the eight questions below, then add them up to determine your score.

1. How often do you think ahead and imagine how you'd like an activity to turn out?
a. Never, b. sometimes, c. often, d. always.
2. Do you wonder how your attitude is affecting your experience?
a. Never, b. sometimes, c. often, d. always.
3. Do you strategize in detail before engaging with challenges?
a. Never, b. sometimes, c. often, d. always.
4. Are you aware when your beliefs are interfering with your success or happiness?
a. Never, b. sometimes, c. often, d. always.
5. How consistently are you able to live your true values?
a. Never, b. sometimes, c. often, d. always.
6. If your life story was a movie what would it be?
a. Horror, b. Documentary, c. Comedy, d. Heroic Drama.
7. Do you have a clear vision for your life?
a. No, b. used to, c. want to, d. yes.
8. Are you having fun?
a. Rarely, b. sometimes, c. often, d. always.

of b's ___ x 1 = ___

of c's ___ x 2 = ___

of d's ___ x 3 = ___

TOTAL SCORE. = ___ of 24 maximum.

1. If you scored 0 – 8 you are struggling to survive. Red alert, today is the day to begin turning your life around.
2. If you scored 9 – 13 you are swimming in the right direction but barely keeping your head above water.
3. If you scored 14 – 19 you are on the right track and ready for a breakthrough.
4. If you scored 20 – 24 you are thriving and ready to learn the skills you need to turbo charge your life to the next wonderful level.