

1) You can tell people without thinking, what is most important to you and your core values in life?

Absolutely - 10 pts

Sort of - 5pts

Not on the hoof I couldn't - 0 pts

Explanation

We really should know ourselves as then we can work out ways to get as much out our lives as possible that tie into what and who is important and how that relates to our own values - when we make decisions with these factors working coherently, it can usually lead to lots of good feelings

2) Where my life is now is all down to conscious decisions because I am designing my life intentionally.

Yep - I know where I want to end up - 10 pts

Some things have just happened rather than me making them happen - 5pts

Most of where i am has just sort of happened to me 0 pts

Explanation

It's silly to think we have control of our lives- we don;t control it 100% even if we believe that, it is impossible. But we can be more conscious in our choices and have more of a say. The worst scenario is being passive and this is to be avoided at all costs

3) Do you know who and what you want to grow into ?

Yes

I've thought about it but never really pinned it down

No

Explanation

This reframes a popular question from when you were growing up "what do you want to be when you grow up". There are no absolutes in life and we can determine the sort of person we want to end up as and what qualities that person would need to have. The more fluid we are in our approaches the better equipped we are to deal with lifes challenges

4) Who you are, what you believe and what you are doing are all coherently aligned with your day to day life?

75 - 100%

50-75%

Less than 50%

Explanation

Daily life satisfaction comes down to this - if we are on a daily basis living a life that goes against who we are, we will end up in a bad spot

5) My work is:

Fun and fulfilling and I chose to do this. I love what I do
I like some aspects of my job and would consider a change
I like Fridays as it's almost the weekend and hate Mondays. I didn't choose my career it chose me

Explanation

A lot of life is spent working so it makes logical sense to work out what we want to do and what we need from work to make our lives rich and happy. Work does not have to be hard and it can and should be valuable and fun most of the time.

8) I need to figure out my best possible life, make a plan, and then execute it.

Agree 0 pts

Agree in part - 5 pts

Disagree - 10 pts

Explanation

A lot of people think they need a plan and to work that plan. I used to as well!
You need to have a plan to provide direction. Again, plans do not always work out and arguably we always need Plan A, B and C - but they should not be viewed as A being the best and C the worst. This is a real mindset shift that is required and with a growth mindset, C can oustrip the original A plan if you get curious and creative enough