



Fulfillment Quiz

Not sure if you are leading your most fulfilling life yet? Then take this quick survey quiz to get started. See how true each of these statements feel to you.

Rate each one on a scale of 1 to 10. 1 being 'not feeling it at all' and 10 being 'totally feeling it'.

- ⇒ I am living my life with intention
- ⇒ I am doing a job that I absolutely love
- ⇒ I am beautiful, inside and out
- ⇒ I am comfortable in my own skin
- ⇒ If I'm in a committed relationship, I love spending time with my spouse/partner, and I know he/she loves doing the same with me
- ⇒ As a parent, I know I am creating the most whole healthy life for my family
- ⇒ As a parent, I know my children are growing up in the most loving and genuine home that I can possibly give them
- ⇒ What's mid-life? What's menopause? What's 'mano'-pause? As a person entering their 2nd act, I feel just as good if not even better than my younger days
- ⇒ I love the way my life has a natural flow, and when there are road bumps, I can handle them with grace and wisdom
- ⇒ I love how I've created the right balance for me and therefore can positively influence those around me
- ⇒ I am resilient and passionate. I am an individual who chooses to be authentically happy, who chooses to lead a fulfilling life, and as a result can make a difference in this world

Well, how did you do? Are you ready to live your life genuinely and authentically feeling all of these attributes? What would it feel like to choose to lead a fulfilling life?

