



## 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 today. And then pick 2-3 action items that you think will help increase that number for you. And then, in another month check in with yourself again and see how you feel then.

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 feel a sense of gratitude and excitement even for the seemingly small things in life

\_\_\_ 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? 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 may struggle with anxiety, depression or other undesirable conditions, but I know that I can get through it and come out the other end with more insight and improved quality of life

\_\_\_ 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