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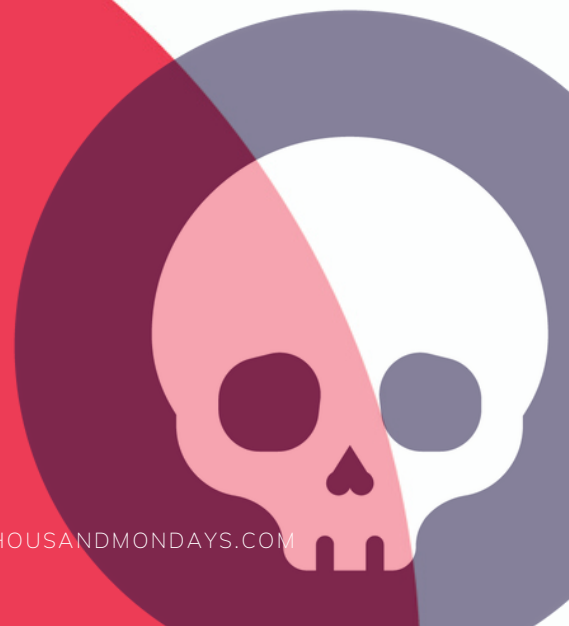
Astonishingly Alive

WELL-BEING ASSESSMENT

Prepare for an onslaught of questions about every nook and cranny related to your well-being.

It's all for a good cause... so keep an open mind, don't overthink the answers (go with your first instinct), and we'll talk about it later.

Cheers!



”

You must live in the present,
launch yourself on every wave,
find your eternity in each moment.

Fools stand on their island of
opportunities and look toward
another land. There is no other
land; there is no other life but this.

HENRY DAVID THOREAU

Where do the answers fall for you today on the spectrum provided?

		5	4	3	2	1	
1	Being happy is of paramount importance to me.						Being happy is nice but not necessary. Like bubble baths.
2	I think my personal well-being is off the charts, in a good way.						My personal well-being isn't feeling so well these days.
3	My work is a source of unbridled joy in my life.						My work is an evil, black hole that sucks the soul out of me.
4	I'm totally engaged at work.						I am trying to sink the ship at work.
5	I get to contribute great stuff at work that I'm proud of.						If I'm being honest, I don't really add much value at work. <i>(Shhhh.)</i>
6	I feel like I'm really valued at work, and people let me know I matter there.						They don't value me at work; it would take them several days to notice if I wasn't there.
7	I'm definitely treated fairly at work.						Fairness schmairness.
8	I have a general plan/ idea in mind for what's ahead in my career.						My career path is non-existent.
9	I'm a time management master (and this survey had better not take more than 6.5 minutes).						Time. What is time? It's so elusive. I don't have a handle on it because it cannot be tamed.
10	I get to use my strengths– the things I know I'm good at– all the time in my life.						I'm sure I have strengths (deep down in there) but I never get to apply them.
11	I'm often in a state of flow– in the zone, where I get gleefully and productively lost in my work.						I feel lost <i>about</i> many of the things I do, but I'm never lost <i>in</i> those things– especially with glee.
12	I make sure I'm always learning new things. Learning and growing is like oxygen to me.						I haven't grown, or learned anything, since I was 11.
13	I have so much more to learn!						I know enough stuff.
14	I am a master or expert in something– a skill, talent, or technique.						I'm a master of non-mastery, maybe.
15	My to-do list is a source of pride that I'm always on top of. Want to see it?						I have so many things to do, but they rarely make it to a list, let alone a list that gets tackled.
16	I'm on top of all the big-picture tasks and projects in my life– like a will, life insurance, etc.						All my big-picture tasks are swept under various carpets.
17	I feel like a success story because I've achieved many of my goals.						I feel like a sob story because achievement and I aren't synonymous.

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18	I celebrate the progress I make towards my goals, each step of the way towards the gold star.						I don't structure my goals in such a way to celebrate much along the way. No gold stars here.
19	I'm super-satisfied with the physical environment (places and spaces) I spend time in.						My home/ office/ physical environment leaves much to be desired.
20	My closet/ basement/ office/ drawers/ etc. would make Marie Kondo (the <i>Tidying Up</i> guru) proud. So organized.						My closet/ basement/ office/ drawers/ whatever stress me out.
21	I make enough money to breathe easy, knowing my basics are covered.						Woefully... not... enough... money... (<i>hyperventilating</i>).
22	I rest assured knowing that I have a plan for my finances, like a budget and retirement plan.						My finances are even more disorganized than my to-do list... there is zero budget or plan.
23	I feel the warmth and support of being connected to others in my life.						I'm not saying I'm a hermit, but I have zero human connections in life.
24	My relationship with my significant other makes my life so much better.						My relationship with my significant other is highly problematic.
25	I have a physical, intimate relationship that's as invigorating as I want it to be.						My yearly doctor's visit is as intimate as I get.
26	Love is in my life; I feel loved, I give love, and more than just on Valentine's Day and birthdays.						Love, as they say, isn't making my world go 'round.
27	I get to interact socially with friends, family, etc. regularly throughout the week.						I never see people intentionally. Animals, yes. People, no.
28	I'm never lonely.						Loneliness is my state of being.
29	I feel like I totally belong to the communities I am a part of.						'Belonging' isn't a word I'd ever use to describe how I feel.
30	The people in my social circles are happy, especially the ones I spend the most time with.						All the people I know are miserable.
31	My social circle is full of people who I think are positive influences in my life.						My social circle is full of people who I think are total derelicts.
32	I'm the king/queen of physical fitness. Hail to Soulcycle!						150 minutes per week of moderate activity <i>plus</i> resistance training? You're kidding. 150 minutes of Netflix, sure.
33	I'm almost always in a state of movement—standing, walking, taking the stairs, you name it.						I am almost always in a state of inertia— sitting, taking the escalator, parking close to the door, etc.
34	I'm also the king/queen of healthy eating. Hail to kale!						Kale = Barf.
35	I'm so in tune with how what I eat makes me feel— physically, energetically, mentally...						I don't tend to notice a relationship between my diet and how I feel in any way.

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36	My health is a serious priority: I have regular doctor's visits and take such good care of myself.						Of all the priorities in life, my health doesn't make the list.
37	You'll usually find me outside, connecting with nature and the gift of vitamin D that the sun provides.						I go outside only when a fire alarm is pulled and it's dangerous to remain indoors.
38	I get 7 – 9 hours of refreshing sleep every night.						Insomnia is the most predictable part of my life.
39	I feel really well-rested.						I feel haggard and exhausted.
40	I am acutely in tune with how energetic I'm feeling, aware of what adds to and detracts from my energy levels.						I'm shockingly unaware of how my energy ebbs and flows, or even if it ebbs and flows at all.
41	I actively make choices to maximize/turbocharge my energy.						I'm not making choices in the best interest of feeling energetic.
42	People would describe me as a ray of sunshine, typically full of positive emotions.						People would describe me as a cold November rain, typically exuding negative emotions.
43	My resting face has a genuine smile on it.						My resting face rhymes with witch.
44	I look after myself diligently; prioritizing self-care (like grooming, massages, alone time, etc.) is a big deal in my life.						I never make time to look after myself; even this survey feels indulgent.
45	I'm really comfortable with the physical image of myself that I present to the world.						I am really uncomfortable with my physical appearance, clothes, you name it.
46	I always have something to look forward to in my life, whether it's big or small.						There's never anything to look forward to in my life, just a lot of garbage to look back on.
47	I plan for and take all the vacation time I am entitled to, every year.						I skip so many vacation days. <i>Sigh.</i>
48	I have such an abundance of gratitude for the things in my life– the big and the small.						I'm not thankful for much around here.
49	I can find things to be thankful for in tough situations.						Silver linings are delusions for the weak in challenging times.
50	Kindness is my middle name.						I'm not morally opposed to being kind, but it's not something I'm known for.
51	I frequently seek out ways to be giving and generous to others.						I'm definitely not a big giver.
52	I'm crystal clear on the things that make me happy in my life.						I'm super fuzzy on what it takes to make me happy in my life.
53	I organize my life in such a way that I can spend time on the things that make me happy.						I don't plan for or make time for the stuff that might make me happy.
54	I feel like I have a distinct purpose on the planet, like my life has some kind of meaning.						Some days my purpose is to just live until tomorrow morning.
55	I have a vision of how I want my future to look, and it's looking super bright.						I haven't the faintest clue what I want for my future.
56	I find myself stopping frequently to live in the proverbial moment, mindful of what's going on and how I'm feeling.						I'm never living in the moment. All the hours are a blur, including these minutes right now.

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57	I stop and savor the good times when they're happening.						I'm distracted during the good times and I can barely remember them afterwards.
58	I'm always reliving my best memories from the past, savoring the little details (like the taste of that gelato in Italy).						It's true that the gelato tasted great in Italy, but I never look back and relive the good stuff in my mind.
59	I believe there's something spiritual out there that's bigger than me.						I don't think there's anything out there on the spiritual front. (Do aliens count?)
60	I feel a consistent connection to my spiritual beliefs.						I feel consistently <i>unconnected</i> to anything spiritual whatsoever.
61	I naturally believe that things will always work out in the end.						I naturally believe that things will always blow up in the end.
62	I see failure as a temporary setback that doesn't define me; it's part of growth.						I see failure as personal, permanent and damaging. So I'm not a fan.
63	When I mess up, I give myself the same kindness and compassion I'd give to a good friend.						When I mess up, it validates that I'm worthless and unacceptable as I am.
64	I feel like I'm in control of the choices I make in my life.						I feel like I'm settling in my life.
65	I make decisions in accordance to the things I value the most.						I pretty much ignore all the values that matter to me when I make decisions.
66	I'm a confident person, through and through.						I'd admit my self-confidence was severely lacking if I had the confidence to do so.
67	I believe I can make the goals I have for my future actually happen, that I can figure it out.						I believe I can't get any of my ideas off the ground, even the half-baked ones.
68	Brownies are the answer to most of life's problems, when eaten in moderation of course.						Salty snacks are the way to go, and I don't want an argument here.

Thank you for completing this assessment! Hope it was more eye-opening than demoralizing.

So, now what?

Check out the reflection questions on the next page.

Next steps towards becoming astonishingly alive:

1. **Highlight your lowest-scoring questions** and choose whether you'd like to DO anything about those aspects of your life... all in the interest of liking your life *just a little bit more* than you do today. No life scores perfect 5s in all areas. But what could your life be like if you moved one of your 1s to a 2, or a 2 to a 3?

#	QUESTIONS I SCORED THE LOWEST	POSSIBLE ACTIONS TO ADDRESS WITHIN THE NEXT MONTH:

2. **Highlight some of your highest-scoring questions and reflect accordingly...**

#	QUESTIONS I SCORED THE HIGHEST	WAYS TO MAXIMIZE THIS VITAL AREA OF LIFE EVEN FURTHER:

3. **Go eat a brownie.**
4. **Reach out if you have any questions, if you'd like to explore coaching with me, or if you'd like to talk about the best animal videos @ Jodi@fourthousandmondays.com**