

## Connected Living Assessment

Are you connected to a full, abundant life?  
Take this test and discover the answer for yourself.

You get one point for each statement that is true for you.

### Family/Relationships

- I am pleased and content with my spouse/partner, or happy being single.
- My family relationships are good. There is nothing between parents, my siblings, or me alive or not.
- There is nothing between my children and me. Our relationship is good.
- I am loved by the people who mean the most to me.

### Career/Business

- I am fulfilled in my career and have no desire to change my life's work.
- I look forward to going to work virtually every day.
- I enjoy working with my co-workers.
- My work is a challenge. I am highly regarded by my supervisor, clients, and/or colleagues.

### Money/Finances

- I have no financial stress in my life.
- I make wise decisions in handling money.
- I save money for things I need and do not carry excessive credit card debt.
- I freely give to others in their need.

### Faith

- I understand I have been designed for a purpose.
- I know my purpose and strive to live my life each day according to it.

\_\_\_ I take time to meditate, pray, and study on a daily basis.

\_\_\_ My faith is a guiding force in all areas of my life.

#### Self

\_\_\_ I have a daily self-care routine.

\_\_\_ I am taking care of my body. I have healthy eating and exercising habits.

\_\_\_ I am constantly growing. I am changing, and improving the things in my life I am unhappy with.

\_\_\_ If I died today I would leave this life with no regrets.

#### Scoring Key:

18-20 Congratulations. You are on the path to a great life.

15-18 Your score is very high. Keep working on it!

10-15 You are on your way. You can do it if you work on the gaps.

5-10 You deserve so much more. This could be temporary. Is there something you haven't paid attention to?

0-5 Ouch! Don't waste another minute. It's time to get connected.