

# Best Self, Work and Life-10 Minute Self Test

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**There is no time like the end of the year to reflect, re-charge, re-purpose and optimize!**



## **Instructions:**

1. Check the statement is consistently true for you.
2. If the statement doesn't apply to you, replace it with a different one that fits within that category.
3. Add up sections and total scores.
4. Understanding your strengths, while learning to USE changes, challenges as levers for your potential is the way forward.
5. Build YOUR 3Q Edge™, see your strengths and challenges with new eyes that take you forward faster and better!

## **Family & Relationships:**

\_\_\_ 1. I am happy with my personal relationships.

\_\_\_ 2. I am close to my family.

\_\_\_ 3. I have a good circle of friends whom I enjoy.

\_\_\_ 4. I have a best friend, a confidante, someone I can trust with all my heart.

\_\_\_ 5. I am very close to my children/parents. There is nothing in the way.

\_\_\_ 6. I enjoy my family/extended family; we have worked through any dysfunction and past problems.

\_\_\_ 7. I am part of a professional network that stimulates me intellectually and emotionally.

\_\_\_ 8. I get along well with my neighbors.

\_\_\_ 9. I have at least 20 friends and colleagues who live outside of my country of residence.

\_\_\_10. I am constantly learning how to build better relationships and develop good communication. Meeting new people is something I look forward to.

## \_\_\_ Section score (Number of checked boxes)

### Career/Work:

\_\_\_11. My work/career is both fulfilling and nourishing to me; I am not drained.

\_\_\_ 12. I am highly regarded for my expertise by my manager, clients and/or colleagues.

\_\_\_ 13. I understand what I want to accomplish with and through my career/work and am on a positive career path to meet my personal, financial and emotional goals.

\_\_\_ 14. I work in the right industry or field; it has a bright future.

\_\_\_ 15. I look forward to going to work virtually every day.

\_\_\_ 16. My work is not my life, but it is a rich part of my life and a source of personal and professional growth.

\_\_\_ 17. I work with people I respect and admire.

\_\_\_ 18. My work environment brings out the very best of me because it is stimulating and supports my career and personal development.

\_\_\_ 19. At the end of the day, I have as much energy as I did when started the day; I am not drained.

\_\_\_ 20. The work I do helps to meet my intellectual, social and emotional needs.

**\_\_\_ Section score (Number of checked boxes)**

## **Finances**

\_\_\_ 21. I have at least 6 month's living expenses in the bank or money market fund.

\_\_\_ 22. I am on a financial independence track or am already there.

\_\_\_ 23. I don't have to work at financial success; money seems to find me with very little effort or pushing.

\_\_\_ 24. I have no financial stress of any kind in my life.

\_\_\_ 25. I invest at least 10% of my income/earnings in my ability to increase/expand that income.

\_\_\_ 26. I do not carry credit card debt; I do not overspend.

\_\_\_ 27. When I buy something, I buy the best possible quality.

\_\_\_ 28. I don't lose sleep over my investments.

\_\_\_ 29. I am financially knowledgeable – I know how money is made and lost.

\_\_\_ 30. I make money because I provide more than enough value to the people/customers who need what I have and I know how to organize, manage and optimize effectiveness in my career or business.

\_\_\_ **Section score (Number of checked boxes)**

## **Resiliency & Happiness**

\_\_\_ 31. I spend my leisure time enjoying my interests; I am never bored.

\_\_\_ 32. I take blank time every 90 minutes; five minutes time to just recharge and relax.

\_\_\_ 33. I have positive waking up and going to bed rituals that help me realize my potential and de-stress.

\_\_\_ 34. I have developed positive rituals that help me recharge, refocus and repurpose in a few minutes. Rituals, cool tools I can use almost any place and that keep me centered and empowered.

\_\_\_ 35. I am happy and energized.

\_\_\_ 36. I am living the life I want, because my career and lifestyle fit my needs, my goals and purpose.

\_\_\_ 37. I have at least 30 minutes a day that is exclusively

for me and I spend it in a chosen way that makes me happy.

\_\_\_ 38. I have developed good mindfulness habits and rituals; I am not excessively stressed or on cortisol/adrenaline overdrive all day.

\_\_\_ 39. I have trained myself to take pleasure in small things and small wins, because they are very important.

\_\_\_ 40. My home makes me happy. It reflects who I am and where I want to be.

\_\_\_ **Section score (Number of checked boxes)**

## **Optimize Your Time & Effectiveness**

\_\_\_ 41. I recognize toxic people and do not spend time with people who drain my energy and time.

\_\_\_ 42. I know how to pace myself and have developed personal rituals to really optimize periods of high energy as well as recharge when my energy is low.

\_\_\_ 43. I am assertive and no how to ask for what I need.

\_\_\_\_ 44. I have the right tools, equipment, computers, software and peripherals that I need to optimize my work.

\_\_\_\_ 45. I have developed good systems and processes to build greater efficiency.

\_\_\_\_ 46. I am an excellent team builder and delegator. I know how to optimize my time and the time of others.

\_\_\_\_ 47. I have a system for answering emails that allows me to filter out what is not important, answer what is pertinent.

\_\_\_\_ 48. I optimize my time by prioritizing what is urgent, important, can be done later and can wait

\_\_\_\_ 49. I know what my goals are and reflect upon them on a regular basis to make sure that my goals, values and actions are in alignment.

\_\_\_\_ 50. I recognize the critical importance of effective communication and have honed my ability to communicate for influence across generational and cultural boundaries.

## \_\_\_ Section score (Number of checked boxes)

### Live YOUR Values

\_\_\_ 51. I love my home and everything about it; it reflects who I am and represents a haven that makes me happy.

\_\_\_ 52. My boundaries are strong enough that people respect me, my needs and what I want.

\_\_\_ 53. I do not tolerate behaviour or communication that is not in alignment with my values, and address it immediately.

\_\_\_ 54. I spend time to reflect upon the values I cherish and make sure that they are an integral part of my life and work.

\_\_\_ 55. I have learned to nurture myself so that when difficult things happen, I can rely on the intrinsic motivators that will keep me moving forward in a positive way when things get tough.

\_\_\_ 56. I understand my personal needs, have developed self-awareness, and am not held hostage by unmet needs or wounds that sabotage my true potential.

\_\_\_ 57. There is nothing I am dreading or avoiding.

\_\_\_ 58. My personal values are clear and present in my life and choices.

\_\_\_ 59. I have resolved issues that held me back in the past, and use this growth to further empower my resiliency and focus.

\_\_\_ 60. I don't use avoidance as a way of not dealing with work, life problems or issues. I address the challenge and have learned to use it to optimize and realize my greatest potential.

**\_\_\_ Section score (Number of checked boxes)**

**Thrive!**

\_\_\_ 61. I do not have any regrets. If my life were to end tomorrow, I would be at peace with what I have done, contributed and accomplished.

\_\_\_ 62. I march to my own drummer, and have learned to understand my purpose, know my values and clarify what I want and how I will get there.

\_\_\_ 63. I do not put off dealing with problems, and have found positive ways to see problems I face with new eyes that help me grow, stretch and succeed.

\_\_\_ 64. I recognize and appreciate my strengths and am learning to use changes, challenges, stressors and failures as a lever for my greatest potential (my 3Q Edge™)

\_\_\_ 65. I am the captain of my ship and have the motivation, inspiration and synergy that keeps me moving forward.

\_\_\_ 66. I have learned to embrace change and challenges because they are part of my evolution and help me grow and optimize!

\_\_\_ 67. I am aware of my beliefs, and have aligned my beliefs with the values and focus that will help me do my best and accomplish my goals.

\_\_\_ 68. I feel that while I cannot control life, I can control the way I think, feel and communicate; doing so is important.

\_\_\_ 69. I have learned to really appreciate myself, my

accomplishments and the challenges I have faced and overcome.  
\_\_\_ 70. I enjoy my life because my purpose, values and sense of self worth continue to grow and expand. Learning new things is something that excites me!

\_\_\_ **Section score (Number of checked boxes)**

## **Take Care of YOURself**

\_\_\_ 71. I take regular vacations/time off.

\_\_\_ 72. I address unresolved matters as soon as I recognize them,

\_\_\_ 73. I take good care of my teeth, gums and health.

\_\_\_ 74. I make sure that I have enough time for self care, self reflection and rest each day.

\_\_\_ 75. I eat food for sustenance and pleasure, not for emotional comfort.

\_\_\_ 76. I spend time to give back, to do volunteer work, mentor etc. because it is important to my sense of purpose and vitality.

\_\_\_ 77. When faced with a health challenge, I address it and get effective care.

\_\_\_ 78. I keep a gratitude journal or have a personal process or ritual that keeps me focused on the positive in my life.

\_\_\_ 79. I have positive daily personal rituals that reduce stress and help me feel empowered.

\_\_\_ 80. There is nothing I am doing that is messing up my mind or heart.

\_\_\_ **Section score (Number of checked boxes)**

## **Champion Your Happiness**

**Please write down 10 situations, routines that make, or would make, you the happiest and most content. Pick at least one that you will work on next month!**

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\_\_\_ 82. \_\_\_\_\_

\_\_\_ 83. \_\_\_\_\_

\_\_\_ 84. \_\_\_\_\_

\_\_\_ 85. \_\_\_\_\_

\_\_\_ 86. \_\_\_\_\_

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\_\_\_ 89. \_\_\_\_\_

\_\_\_ 90. \_\_\_\_\_

\_\_\_ **Section score (Number of checked  
boxes)**

## Learn & Grow

Please write down 10 activities that you would like to try; activities you have always wanted to try! Pick at least one activity you will commit to doing next month

\_\_\_ 91. \_\_\_\_\_

\_\_\_ 92. \_\_\_\_\_

\_\_\_ 93. \_\_\_\_\_

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\_\_\_ 99. \_\_\_\_\_

\_\_\_ 100. \_\_\_\_\_

\_\_\_ Section score (Number of checked boxes)

\_\_\_ **Total score (Number of checked boxes)**

## **Scoring Key:**

**90-100.** Awesome. Congratulations. Incredible.™

**80-89.** Excellent! Your score is very high – this is a tough test.

**70-79.** Very good. You're definitely on track. Keep going

**60-69.** Pretty good, but there is some work to do.

**50-59.** Average score. Why not make best self-best work-best life a priority and score 10 more points in the next month?

**40-49.** You may need develop a new relationships with changes, challenges or failures that helps you actualize your potential!

**30-39.** Weak. Get re-engaged. YOU can turn this around

**00-29.** Time to really focus on YOUR best self, best work and best life. Carpe diem!

**I hope you will use this quick self test to get empowered by where you are and where you can go in 2015! There is no**

**time like the present to develop a personal action plan that helps you engage your best self, best work and build your best life!**

**More? YOU Betcha. Lots of 3Q Edge™ posts and cool tools (3 min or less) to share!**

The Pause-A 2-3 Minute Mindfulness Tool to Recharge, Refocus and Repurpose!

100 Stressbusters that Take 3 Minutes or Less!

**The Empowerment Compendium**

The Happiness Compendium

Ten Ways to Build Great Leadership in Turbulent Times (#1 Post for Elysian Training UK 2014)

**Using Failure to Succeed** (#1 Post for Elysian Training UK 2013)

Ten Ways to Lead and Succeed Forward in Times of Complexity and Change

The Secret to Peace and Prosperity

**Anything else? YES. Our new website and blog with expanded collaborators, programs and services for individuals, organizations and emerging leaders debuts this soon. Stay Tuned!**

**Warmest wishes to all for a wonderful Holiday Season and 2015!**

**Are you ready to find a new way, a better and faster way to  
build strong leadership, communication influence and career  
success at the speed of change/challenges?**

**We are here to help!**



**Irene Becker | Just Coach It-The 3Q Edge™ (IQ-EQ-SQ)**

**Leadership, Communication, Career REACH-RESONANCE-RESULTS**

**We do it better at the speed of change and challenges!**

**Programs, Services and Keynotes with a 3Q Edge™ | Face-Face,  
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