

Success Assessment

This assessment is intended to be a light-hearted approach to an occasionally serious subject. Any similarity to other assessments, surveys or Cosmo quizzes, either real or imagined, is entirely coincidental and in no way reflects on their content!

Circle your answers and then total the numbers corresponding to your answers.

	Always	Often	Sometimes	Seldom	Never
I live according the values I believe are important.	7	5	3	1	0
I have written goals for my life / career / business.	7	5	3	1	0
I have a plan in place to achieve the goals I have set.	7	5	3	1	0
I take good care of myself, physically and spiritually.	7	5	3	1	0
I am excited to start each day.	7	5	3	1	0
My home / office is physically comfortable.	7	5	3	1	0
I am focused and motivated in the work I do.	7	5	3	1	0
I eliminate obstacles to my productivity as they arise.	7	5	3	1	0
I celebrate my accomplishments.	7	5	3	1	0
I make a positive contribution to my local community.	7	5	3	1	0
I make time for all the important people in my life.	7	5	3	1	0

Today's Date: _____ Total: _____

If your score is:

- *Less than 42*, it's time to get started! Life's too short to squander!
- *Between 42 and 57*, you're off to a good start. Now walk your talk!
- *Between 57 and 72*, congratulations! Are you ready for more?
- *Higher than 72*, you've got something to teach me! I'm listening!

This assessment is not intended to replace therapy or counseling.

To explore these topics further, hire a coach!

SuccessLogic *bringing leaders to life*