



# The Thriving Quiz<sup>®</sup>

Optimizing The Five Essentials So  
You Can Thrive At Home & Work

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The Thriving Quiz™ assesses your current energy building blocks, the things that ancient traditions and modern research agree contribute to your sense of wellness, your happiness and your ability to make an impact at home, work and in the world. These 25 research-based, simple yet powerful questions help you understand just what you need to do in order to be your best self. Give yourself one point for each statement that is true for you. Tally the totals at the end of the section, compare them to the scale at the end.

**"IF we did all the things  
we are capable of, we would  
literally **ASTOUND** ourselves."**

- THOMAS EDISON



## Health & Nutrition

\_\_\_\_\_ I exercise balancing cardiovascular with strength training 4-5x per week.

\_\_\_\_\_ I maintain a healthy body weight.

\_\_\_\_\_ I have a healthy body image.

\_\_\_\_\_ I actively monitor my sugar and alcohol intake.

\_\_\_\_\_ I regularly eat non-processed foods and consume dark, leafy greens over meat.

\_\_\_\_\_ Total Health & Nutrition Score



## Rest & Renewal

\_\_\_\_\_ I consistently get 7-8 hours of sleep.

\_\_\_\_\_ I have social circles upon whom I rely for support.

\_\_\_\_\_ I have rituals that enable me to feel centered and calm.

\_\_\_\_\_ I include what refreshes me in my daily routine.

\_\_\_\_\_ I have technology-free time on a regular basis.

\_\_\_\_\_ Total Rest & Renewal Score



## Focus & Growth

\_\_\_\_\_ I employ effective strategies to reduce my stress level.

\_\_\_\_\_ I focus on things/activities that are important to me after work.

\_\_\_\_\_ I intellectually push myself by exposing myself to new ideas and situations.

\_\_\_\_\_ I take time everyday to think generatively and strategically.

\_\_\_\_\_ I engage in practices of fully being present in the moment.

\_\_\_\_\_ Total Focus & Growth Score

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## Joy & Passion

- \_\_\_\_\_ I have emotionally healthy relationships at home and work.
- \_\_\_\_\_ I engage in pursuits that bring me joy and satisfaction.
- \_\_\_\_\_ I notice and reflect upon the things for which I am grateful.
- \_\_\_\_\_ I am making a contribution to the people and things I care about.
- \_\_\_\_\_ I allocate my time and energy in ways that reflect my values.
- \_\_\_\_\_ Total Joy & Passion Score



## Time & Effort

- \_\_\_\_\_ I tackle the most challenging assignments of my day first.
- \_\_\_\_\_ I use technology and other tools to increase my productivity.
- \_\_\_\_\_ I work in 90-minute increments with a break in between activities.
- \_\_\_\_\_ I don't multi-task to the extent I feel distracted.
- \_\_\_\_\_ I am able to communicate my needs and say no to people.
- \_\_\_\_\_ Total Time & Effort Score

# ARE YOU THRIVING?

Check and record your total score here.

- \_\_\_\_\_ **22–25** You are thriving.
- \_\_\_\_\_ **19–21** You are nearly thriving.
- \_\_\_\_\_ **15–18** You are in the 'blah' zone.
- \_\_\_\_\_ **11–14** You are sputtering.
- \_\_\_\_\_ **0 – 10** You are depleted.
- \_\_\_\_\_

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