

OPTIMIZE YOUR FIVE ESSENTIAL ELEMENTS TO  
BE YOUR BEST AND MOST EFFECTIVE SELF,  
PERSONALLY AND PROFESSIONALLY.



# Five to ThriveQuiz™



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## 25 POWERFUL RESEARCH-BASED QUESTIONS

The Five to Thrive 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

### ACCESS THE FULL 5EE PROCESS

Take the Quiz to assess your current energy status, gain insight into the Elements, and create your Activation plan. Get started now.

[www.FiveEssentialElements.com](http://www.FiveEssentialElements.com)



## EXERCISE & NUTRITION

- I exercise balancing cardio and strength training 4-5x per week.
- I maintain a healthy body weight.
- I have a healthy body image.
- I actively monitor my alcohol and sugar intake.
- I eat non-processed foods and more dark, leafy greens than meat.
- TOTAL EXERCISE & NUTRITION

## REST & RENEWAL

- I consistently get 7 - 8 hours of sleep.
- I have social circles upon whom I rely on for support.
- I have rituals that enable me to feel centered and calm.
- I include activities that refresh me in my daily activities.
- I have technology free time on a daily basis.
- TOTAL REST & RENEWAL

## 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 every day to think generatively and strategically.
- I engage in the practice of being fully engaged in the moment.
- TOTAL FOCUS & GROWTH



## 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 on 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

## 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 approximately 90-minute increments with a break between activities.

I do not multi-task to the extent I feel distracted.

I am able to communicate my needs and say no to people.

TOTAL TIME & EFFORT

## ARE YOU THRIVING?

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.



CHECK  
AND  
RECORD  
YOUR  
TOTAL  
SCORE

## TURN INSIGHTS INTO ACTIONS

Learning how to thrive is an on-going process. No one can tell you exactly how you can do your best work, except you.

The next step is to set SMART commitments for each of your Five Essential Elements and take meaningful action every day.

## GET STARTED

[BarbaraWaxman.com/ThrivePlan](https://BarbaraWaxman.com/ThrivePlan)

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