



Take the Thriving GPS For Life App Self-Assessment

This assessment will help you establish your Thriving baseline. You can revisit this assessment and take it again to track your progress and maintain a positive, empowered brain state.

Discover your personal GPS starting point by answering the ten statements listed below.

Use a blank sheet of paper and make a list, 1 – 10 (or download and print out the PDF below).

Record your score (0, 2, 3, or 4) for each statement.

0 = Never 2 = Sometimes 3 = Often 4 = Always

- 1. You think ahead and imagine how you'd like your main activities to turn out each day. _____
- 2. You are aware of how your feelings and attitudes directly affect your experience. _____
- 3. You strategize or create clear intentions before engaging in important or challenging situations. _____
- 4. You are conscious of your own self-talk and productively correct it when it becomes negative. _____
- 5. You're aware of your own deeper values and live them consistently throughout your day. _____
- 6. You consciously direct and influence your own experience and outcomes. _____
- 7. You have a clear vision for your life that guides your decisions and choices each day. _____
- 8. You regularly experience gratitude, enjoyment, wonder, or purpose during your day. _____
- 9. You are keenly interested in and often pursue personal growth and development. _____
- 10. You are comfortable reaching out for guidance or help when needed. _____

Add your 10 scores together to determine which category you land in. **Your Thriving Score** _____

CATEGORIES

- 0 - 10** - You are in survival mode. Perfect timing! Today is the day to begin turning your life around.
- 11 - 21** - You are heading in the right direction but tend to get detoured by feeling or thought patterns that no longer serve you.
- 22 - 32** - You are on the right track and ready for a breakthrough.
- 33 - 40** - You are thriving and ready to take your life to the next wonderful level.