



QUIZ

DETERMINING THE LEVEL OF SATISFACTION IN YOUR LIFE

ANSWER EACH QUESTION BY MAKING AN HONEST SELF-EVALUATION
BASED ON THESE FIVE (5) RATING MARKS.

1 - NEVER

2 - RARELY

3 - OCCASIONALLY

4 - OFTEN

5 - ALWAYS

- _____ 1. I can't make decisions on my own
- _____ 2. Often I feel like a fraud or an imposter at work
- _____ 3. I have problems finishing what I start
- _____ 4. I feel anxious a lot of the time
- _____ 5. I have trouble pushing myself to do things outside of my comfort zone
- _____ 6. I worry about what people think of me
- _____ 7. I'm easily frustrated or anxious when I can't predict outcomes
- _____ 8. I harbor resentment towards friends or family
- _____ 9. I have a tendency to put myself last
- _____ 10. I can't seem to figure out what I want
- _____ 11. I don't normally feel competent or worthy
- _____ 12. I struggle with being independent and self-reliant
- _____ 13. I'm unable to problem-solve for myself
- _____ 14. I find it difficult to cope with the unexpected
- _____ 15. I seek reinforcement from my supervisors and colleagues in the form of praise

EVALUATING YOUR RATINGS: *When you rate yourself, don't cheat, and try to be as honest with yourself as possible. The rating levels don't equate to being good or bad. It's a way for you to self-assess. You determine if you want to focus on the areas you rated yourself low (below 3) or on the areas that are more important to you, regardless of your rating.*

Store the Quiz in a safe place. Give yourself about a week, and then take the Quiz again. You can get a clean copy of the quiz by going to my website (www.guttmanpsychology.com). Go back and review how you rated yourself and see how your rating levels changed. In about a month, take the quiz again, and see if you're continuing to make progress in the areas that you selected. Remember, your goal is not to achieve happiness, it's to achieve sustainable satisfaction.

