



Life by Design Quiz

Discover Where You Are—and Your Next Best Step

Welcome

Congratulations on taking the first step toward creating a life you're excited to live!

The *Life by Design Quiz* is designed to help you pause, reflect, and discover where you are today. It's not a test, and there are no right or wrong answers.

Instead, think of it as a personal check-in, a chance to recognize what's already working well and where you may be ready to grow.

As you move through the quiz, you'll explore the **6 Essential C's of Life by Design**—six key areas that help create a meaningful, purposeful, and fulfilling life.

Answer each question honestly, based on where you are today. When you're finished, you'll gain a clearer picture of your strengths and discover your next best steps forward.

Let's begin.

DIRECTIONS:

Think about your life today. Next to each statement below write the number that seems true to you right now.

1= Rarely 2= Sometimes 3=Often 4 = Usually 5 = Almost Always

	CLARITY: IMAGINE WHAT'S POSSIBLE	YOUR #
1	I have a clear picture of the life I want.	
2	I feel hopeful about my future.	
3	I am open to new ideas and experiences.	
4	I am aware of the variety of options open to me.	
5	I believe I am creative and resourceful.	

	CONFIDENCE: YOUR SELF-BELIEF	YOUR #
6	I treat myself with kindness as I would treat a best friend.	
7	I know my strengths and talents and am proud of them.	
8	I know what is important for my happiness and success.	
9	I am comfortable with who I am.	
10	I take care of my physical, mental, and emotional health.	

	CONNECTION: BUILD RELATIONSHIPS	YOUR #
11	Meeting new people is easy for me.	
12	I am curious and interested in others.	
13	I do what I say I'm going to do. Others can trust me.	
14	I treat others with respect and compassion.	
15	I am good at listening.	

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	CHALLENGES: OVERCOME FEAR	YOUR #
16	I am comfortable taking risks.	
17	I can manage my fears.	
18	I don't let feelings of guilt or shame hold me back.	
19	I handle stress and worry in healthy ways.	
20	I am aware of my inner critical voice and manage it.	

	CHOICE: LIVE WITH INTENTION/GOALS	YOUR #
21	I set intentions and goals for my life.	
22	I have a positive and open mindset about my future.	
23	I believe I can learn new and challenging things.	
24	My work and home space are organized.	
25	I create my own success and happiness.	

	CELEBRATE: ACKNOWLEDGE SUCCESSES	YOUR #
26	I surround myself with people who support me.	
27	I take time to recognize and celebrate my accomplishments, both big and small.	
28	I express gratitude for the people, experiences, and opportunities in my life.	
29	I continue to learn, grow, and challenge myself.	
30	I make time for activities that bring me joy and renewed energy.	

REFLECTION:

Take a moment to look back over your responses. Remember, this quiz isn't about being perfect. It's about becoming more aware of where you are today and identifying next best steps.

What do you notice about yourself? _____

Perhaps you recognized strengths you've been overlooking or qualities you've already developed that deserve to be celebrated.

Which positive strengths or qualities did you notice?

Or perhaps certain statements revealed areas you'd like to strengthen as you continue creating a life, you're excited to live.

Which areas would you like to strengthen over the next few months?

What's one small action you could take this week to move toward the life you want to create?

Your Life by Design Snapshot Total Score: _____ / 30

This number isn't a grade—it's simply a snapshot of where you are today. As you grow, revisit this quiz every few months and notice how your responses change. Growth isn't about perfection; it's about becoming more intentional, one step at a time.

***“You’re on your own. And you know what you know.
And you are the one who’ll decide where to go.”***

-Dr. Seuss