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

www.barbarawaxman.com
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
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.