

Inspired Life Evaluation

Are You in Need of an “Inspired” Life Change?

Please check the statements below that are true for you.

True or False

- I sometimes gossip about others to make me look better.
 - I sometimes pretend to be what I’m not.
 - Sometimes I feel unauthentic, like I’m wearing a mask.
 - Sometimes I judge other people based on expectations I have set for myself.
 - Sometimes I think I will never be perfect.
 - When I make a mistake, I quite often feel like I make myself pay for it over and over again.
 - Even though I didn’t want to, more and more I find that I’ve grown up just like my parents.
 - I wish I knew what my purpose in life is.
 - I feel like I’m in a dead end or “go no-where” job.
 - When I’m reminded of a mistake someone made, I typically find myself punishing or blaming that person “again” for it.
 - My decisions are more often influenced by “fear”.
 - I take too many things personally.
 - I oftentimes believe other people’s opinion about me.
 - I agree with the statement, “I have the need to be accepted.”
 - Others tend to abuse me, or I just “feel” abused.
 - I have trouble making my own decisions.
 - I’m full of self-doubt.
 - I’m not comfortable expressing my true feelings.
 - A friend sees you at the Mall. They smile at you and then walk away. You immediately assume that something is not right.
 - I believe that people see life the way I do.
 - I believe the statement: “My love will change this person.”
 - I have trouble with relationships.
 - My self-esteem is not very high.
 - I sometimes feel depressed and anxious.
 - I tend to make unhealthy choices even when I know I need to make the good ones.
 - I feel like people at work and people that I am close to are actually against me.
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Guide to scoring

- 0 – 3: Excellent “inspired” life skills
- 4 – 6: Reasonable “inspired” life skills
- 7 – 10: Significant “inspired” life skills deficit
- 11 or more: A full-fledged “inspired” life skills crisis