

The 100 Year Lifestyle® Assessment

Like it or not, whether you're ready or not, get ready to break all longevity records! Take the plunge with this assessment and unlock the secret to living your best life.

Never --- Always

1	2	3	4	5	I am excited about the possibility of living to 100.
1	2	3	4	5	I have many goals that I would like to achieve over my extended life.
1	2	3	4	5	I am willing to make changes to improve my quality of life as I age.
1	2	3	4	5	I wake up with good energy and sustain good energy throughout my day.
1	2	3	4	5	I enjoy a full night of restful sleep and feel energized each morning.
1	2	3	4	5	I can consciously shift my energy whenever I want to.
1	2	3	4	5	I am aware of the diseases in my family history.
1	2	3	4	5	I live a lifestyle that counteracts the diseases in my family history.
1	2	3	4	5	I am motivated by quality of life health goals rather than crisis management.
1	2	3	4	5	I feel good about my current health condition.
1	2	3	4	5	I exercise 4 to 5 times a week and am getting the results I want from my fitness routine.
1	2	3	4	5	I eat healthy foods and supplement my diet.
1	2	3	4	5	I make good health decisions for myself to avoid unnecessary health problems.
1	2	3	4	5	I live in a peaceful, stress-free home environment.
1	2	3	4	5	I learn in an environment that nurtures my talents and where I feel appreciated.
1	2	3	4	5	My home and learning environment reflect my inner feelings and voice.
1	2	3	4	5	I support myself through choices that I know are good for me.
1	2	3	4	5	I actively seek out opportunities and enjoy learning new things.
1	2	3	4	5	I am surrounded by supportive relationships at home and with friends.
1	2	3	4	5	I have achieved the balance I am looking for.
1	2	3	4	5	I am able to separate learning time from play time.
1	2	3	4	5	I have a clear picture of how I want to use my time during my extended life.
1	2	3	4	5	I am aware of finances and learning ways it will sustain me until I reach 100.
1	2	3	4	5	I am passionate about learning and the way I will earn money.
1	2	3	4	5	I am saving money regularly.
1	2	3	4	5	I feel like my life has purpose and I am making a difference.
1	2	3	4	5	I am actively involved in my community.
1	2	3	4	5	I have a mentor and I use my leadership skills to mentor others.

← Add all the circled numbers. This is your total score.

See "What Your Score Means"

*Teen Version

