



## How Authentically Are You Living?

**Instructions:** Answer each question according to how you feel by circling T for True and F for False. Don't agonize too long over your answers or over analyze them. In most instances your initial response is the correct one. Scoring instructions are at the end of the questions.

1. I generally look forward to getting up every day. T F
2. I don't spend time with people who irritate me. T F
3. I am aware of and respect my energy patterns such as a need for space or quiet vs. feeling social. T F
4. I have virtually no unresolved matters impacting my life. T F
5. I don't get bored easily. T F
6. I make time to enjoy my interests and hobbies. T F
7. My friendships are authentic and mutually supportive. T F
8. I am happy with the relationships in my life just as they are. T F
9. I can have a good time without much effort. T F
10. I don't compare myself to others. T F
11. My home is well cared for, inspires, comforts, and supports me in being my best self. T F
12. I think before I speak. T F
13. I am aware of when I have nothing to say and am comfortable saying nothing. T F
14. I tolerate very little. T F
15. I rarely get angry, and when I do, I resolve it quickly then let it go. T F



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| 16. I don't say yes to requests I don't want to say yes to.                       | T F |
| 17. My daily schedule reflects my priorities in life.                             | T F |
| 18. I appreciate my gifts, talents, and my value.                                 | T F |
| 19. I set aside downtime for spiritual practice daily.                            | T F |
| 20. I have no trouble erecting and maintaining healthy boundaries.                | T F |
| 21. When I need help, I seek help, and know where to find it.                     | T F |
| 22. I take extremely good care of myself.   | T F |
| 23. I can honestly say I genuinely love myself.                                   | T F |
| 24. I know my life purpose and am willingly serving it.                           | T F |
| 25. I am aware of the difference between being of service and being in servitude. | T F |

Scoring Key: Total your T answers and then total your F answers. T \_\_\_\_ F \_\_\_\_  
Your F answers will give you an idea of where you need to do some work.

21-25 AWESOME! Congratulations! You have *achieved* a very high level of authentic living. It means you are very clear about who you are and you're living your life consistently as who you authentically are and how you want to live it.

16-20 Congratulations! Your aspiration to live more authentically is very evident. You are making great strides in that direction. With just a little more tweaking you can get your level of authentic living and your score higher. Doing so will also mean living a more authentically fulfilling and satisfying life.

11-15 You're clearly attempting to live an authentic lifestyle and you're about half way there. Adopting certain aspects of authentic living like making sure your needs are met, taking good care of yourself, or saying no to requests of you that are not in your best interest, can cause push-back from those around you. You may want to get some support in the form of a life coach in areas that are particularly challenging for you.

0-10 You have some work to do and it may behoove you to first work on getting to know yourself a little better. A good life coach can help guide you through that process. It is very difficult to be authentic when you don't know who you are. If you feel you do know who you are, but are having trouble erecting and maintaining boundaries that enable you to live authentically, or just don't know why your score is what it is, a good life coach can help you with that as well.