

Stress Less. Live More.™

The 100 Year Lifestyle Assessment

Whether you like it or not, want to or not, you will probably live longer than you ever thought. Take this Assessment now and make the lifestyle changes that ensure the quality of life you deserve.

Please answer the following questions thoughtfully and honestly.

Never --- Always

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 have youthful energy in spite of my age.....	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 visit health care providers proactively to stay healthy and avoid unnecessary health problems.....	1	2	3	4	5
I live in a peaceful, stress-free home environment.....	1	2	3	4	5
I work in an environment that nurtures my talents and where I feel appreciated.....	1	2	3	4	5
My home and work 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 at work.....	1	2	3	4	5
I have achieved the balance I am looking for.....	1	2	3	4	5
I am able to separate work 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
My current financial path can sustain me until I reach 100.....	1	2	3	4	5
I am passionate about work and the way I earn money.....	1	2	3	4	5
I am living within my means and 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.....	1	2	3	4	5

Add all the circled numbers. This is your total score: _____



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The 100 Year Lifestyle

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What Your Score Means

If your score was

**0 to
35**

Slam On The Brakes and Change Your Life.

You are either in denial, at the end of your rope, or just don't care. At the rate you are going both your mind and your body are headed for trouble. You are taking years off your life and will be a financial burden to your children or society. It's not too late to turn things around. Keep reading and embrace the Three Life-Changing Principles of The 100 Year Lifestyle to make the remaining years of your life the best. Take the Lifestyle Leap and pay close attention to the Three Life-Changing Principles in Chapter 2 of the book!

If your score was

**36 to
70**

Stop Killing Yourself Slowly.

At the rate you are going you are headed for a deteriorating and depressing extended life. You have no vision, poor habits, and lack a sense of purpose. You are using crisis as the motivation to take action on the habits that you know are good for you, rather than embracing the quality of life you deserve. Stop compromising on yourself. You can simply, steadily and easily make 100 Year Lifestyle changes to enjoy your longevity with the health, passion and meaning to make it all worthwhile. Take the Lifestyle Leap and enjoy the youthful energy and enthusiasm that you will learn about in Chapters 3 and 4 of the book!

If your score was

**71 to
105**

Get Ready to Go from Good to Great.

You are probably on a roller coaster filled with ups and downs. You are enjoying your life, but you are out of balance with swings that go too far to the extreme. Some things are working well for you, while other areas of your life are out of control. Address the areas of The 100 Year Lifestyle that will impact your life the most and you will find that your life gets easier, your results go up, and you start having a lot more fun. You will add better health, financial security, peace of mind, and purpose to an already solid foundation. Take the Lifestyle Leap and discover how to attract new friends, find new passions, and achieve the balance you are looking for by embracing the ideas in Chapters 14, 15, 16 and 17 of the book!

If your score was

**106 to
140**

Enjoy a Sensational Century.

You are on your way. You are living your dreams while you plan for the future, both at the same time. You enjoy your work and feel like you could do it forever. The good news is that by following this plan, it won't be something you have to do, but something you can choose to do if you want to. You are in good health, you have goals to achieve, and a world of opportunity ahead of you. Embracing The 100 Year Lifestyle will ensure that you enjoy your legacy while you are alive, enjoy youthful energy and passion, and make the most of this precious gift called your life. Take the Lifestyle Leap by refining your life vision, having more fun than ever, and making your life matter by adopting the concepts in Chapters 17, 19 and 20 of the book!



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