



***Fully Effective Life  
Self - Assessment  
"After Retirement"***

# FULLY EFFECTIVE LIFE SELF-ASSESSMENT

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Instructions:** Select the number on the line that most closely approximates how much you agree or disagree with each statement.

1. I am currently enjoying a very high level of satisfaction in *both* my personal and life contribution goals.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    **4**    3    2    1

2. I know exactly what my primary personal goals are.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

3. I know exactly what my primary life contribution goals are.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

4. My life contribution and personal life do not interfere significantly with each other.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

5. The primary source of my identity doesn't come from what I've done in the past, my title, or from my role in the family. I have a deeper sense of identity.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

6. I tend to make most decisions easily.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1



**FULLY EFFECTIVE SELF ASSESSMENT** *(continued)*

7. I take self-responsibility, never blaming others for my thoughts, feelings or behavior.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

8. I am more of a realist than an idealist.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

9. I currently have an important project underway, that is very much under my own control and not subject to significant outside interference. This project is very exciting and dear to me.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

10. I can readily change those things that I have the power to change, whenever I choose to.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

11. I can easily accept difficult situations and conditions over which I have little or no control.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

12. I am certain that I know the difference between that which I can change and that which I cannot change.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1

13. I am currently involved in a program, formally or informally, to take good physical care of myself, including diet and exercise.

Agree \_\_\_\_\_ Disagree  
9 8 7 6 5 4 3 2 1



**FULLY EFFECTIVE SELF ASSESSMENT** *(continued)*

14. I never spite myself in order to get even.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

15. I do not get unduly angry or worried.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

16. I have a clear understanding of how the quality of my listening influences others. I am particularly adept at listening to another person's feelings, when appropriate.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

17. I think of myself as a loner even though I enjoy most social activity.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

18. I see myself as a risk taker.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

19. Although I work hard at times, I am not a workaholic.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

20. I am not overly concerned with others' approval of me.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

21. I am determined to have one of the most satisfying personal and life contribution lives ever had by any human being that ever walked on the face of this planet, and I am succeeding in this ambition.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1



**FULLY EFFECTIVE SELF ASSESSMENT** *(continued)*

22. I know the difference between realistic and reasonable expectations and know how to balance these two in order to be most effective.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

23. I deeply respect each and every person's right to take full responsibility for himself or herself.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

24. I know what I have to do in order to manage my "boss(es)".

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

25. I have no unreasonable fears.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1

26. I generally tend to be a stress seeker rather than a stress avoider. Stress doesn't bother me as much as it seems to bother most persons.

Agree \_\_\_\_\_ Disagree  
9    8    7    6    5    4    3    2    1



## FULLY EFFECTIVE SELF ASSESSMENT *(continued)*

### **Scoring**

Add up the numbers that you have circled. The following categories should give you an idea of how you compare with others in living a Fully Effective Life while working.

If your total is in the 208 to 234 range, you are currently enjoying a high level of personal and professional effectiveness. Those statements that you scored 7 or less reflect areas that need particular attention in order to improve your already high level of effectiveness.

If your total is in the 104 to 207 range, you are only partially effective - in the middle ground. You can move either up or down.

If your total is in the 26 to 103 range, you are not using your innate capacity. Much of your effort seems self-defeating.

### **Total**

9 x \_ = \_

8 x \_ = \_

7 x \_ = \_

6 x \_ = \_

5 x \_ = \_

4 x \_ = \_

3 x \_ = \_

2 x \_ = \_

1 x \_ = \_

**Total =** \_\_\_\_\_

### **For Further Clarity**

For further clarity regarding where to focus to create a Fully Effective Life we've found it helpful to sort your responses by the number you assigned. In other words...all 9's together, 8's, 7's, etc..

Look at the lower numbers...2's, 3', 4', 5's to see if there are any patterns, or related areas. This information can be very helpful in determining where to focus to improve the quality of your life.

