

**Are you living your best life, the life of your dreams?
If you are not sure, test yourself here.**

LifeWork Quiz

1. I feel happy most of the time.
 Yes No
2. My relationships are satisfying and harmonious.
 Yes No
3. I am healthy, fit, and full of vitality.
 Yes No
4. I am happy with my job, career, business, or other work-related pursuits. (Or, I am happy in school or in retirement.)
 Yes No
5. I know what I want to do with my life.
 Yes No
6. My financial affairs are in good shape.
 Yes No
7. I am living the lifestyle I want to live.
 Yes No
8. My time is well balanced between relationships, work, leisure, and other important pursuits.
 Yes No
9. I notice the good things in my life. I am grateful for what I have.
 Yes No
10. I am living the life of my dreams.
 Yes No

If you answered Yes to 8 or more questions, it appears that you are living the life of your dreams, or pretty close to it. Congratulations!

If you answered No to 7 or more of the questions, it's time to re-design your life!