

Am I In Control of My Life? FREE ASSESSMENT

1. Think back to when you were in high school. Have your adolescent dreams been fulfilled, at least the ones that were realistic?

Yes _____ No _____

2. Have you had to compromise a lot over the years because people who were important to you – your parents, spouse – had different expectations of you?

Yes _____ No _____

3. Now that you're more or less past adolescence, do you still have dreams? Not about winning the lottery. Dreams that can be fulfilled – like taking college-level courses.

Yes _____ No _____

4. How busy are you? Do you find that there are never enough hours in the day?

Yes _____ No _____

5. Are the things that keep you busy (if you are busy) pretty much the same day after day, season after season?

Yes _____ No _____

6. How do you feel when you wake up in the morning? With a song in your heart or is it more likely to be bored resignation?

Yes, I'm bored _____ No, life is a joy _____

7. Your children are always learning something new. How about you? Do you have frequent new experiences, whether you're employed or not?

Yes _____ No _____

8. Do you have good times with your family? Do you go on trips? Play new games together? Enjoy group projects?

Yes _____ No _____

9. If you have a family, do you find that you usually have something of interest to say to them?

Yes _____ No _____

10. If you do not work, do you feel guilty about not making a contribution to the family funds?

Yes _____ No _____

11. If you do work, do you like your job? Are you enthusiastic about it?

Yes _____ No _____

12. Look at yourself in a full-length mirror. Do you like what you see?

Yes _____ No _____

13. Have there been significant changes in your appearance in the last five years? Have you gained or lost a lot of weight, for example?

Yes _____ No _____

14. Have you neglected your health? Forgotten about checkups? Gynecologist? Mammography? Dentist?

Yes _____ No _____

15. Do you have difficulty balancing work and family life?

Yes _____ No _____

16. Are you living the life that others expect you to be living so you are constantly trying to please or impress or prove yourself?

Yes _____ No _____

17. Do you feel overwhelmed and over committed?

Yes _____ No _____

18. Do you have a clear sense of your values and goals in life – you know what you want and what you don't want?

Yes _____ No _____

19. Do you have a meaningful and exciting goal that you are working toward and a clear vision for your future?

Yes _____ No _____

20. Do you enjoy your life and are you excited about where it is heading?

Yes _____ No _____

Give yourself one point for each matching answer:

1. No
2. Yes
3. No
4. No
5. Yes
6. Yes
7. No
8. No
9. No
10. Yes
11. No
12. No
13. Yes
14. Yes
15. Yes
16. Yes
17. Yes
18. No
19. No
20. Yes

Add up your points. The lower the number, the more in control of your life you are.

0-5.1 You're very much in control and need just minor adjustments.

6-12 You're somewhat in control. Check through the statements to find areas that need adjusting. Pick one to start working on immediately.

13-20 If you are in this range, you might ask yourself these questions: Have I become a stagnant? Have my dreams and goals – sometimes quite simple goals – been put on the back burner for no really good reason? What do I really want?

Don't let lethargy be an enemy. Whatever you want you can probably have. You can learn to think positively. Believe in all the others who have gone before you. In the words of Marie Jackson-Randolph, one of our 1987 Women of Enterprise, "Success is the realization that you are capable of anything if you have the requisite mindset." So please think about it. You can find the energy to take that first step. Others have. You can, too.