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Charge Up Your Life Workbook Self-Check Quiz

Take this brief quiz to identify what holds you back. Directions: Put a check in front of the items that are true for you. Respond as quickly as possible without over thinking your responses.

- _____ 1. I have more weaknesses than strengths.
- _____ 2. I worry about the future.
- _____ 3. I should change some things about myself.
- _____ 4. I feel taken advantage of at home and work.
- _____ 5. Sometimes I'm afraid to be honest with others.
- _____ 6. I often feel helpless and hopeless about situations in my life.
- _____ 7. I don't feel positive about my future.
- _____ 8. I find it hard to be around others who don't share my beliefs.
- _____ 9. Not many people know the real me.
- _____ 10. I feel that people I'm close to should know what I need without my having to tell them.
- _____ 11. I often criticize myself.
- _____ 12. Sometimes I overreact to situations.
- _____ 13. I am not often curious about or interested in others' ideas and opinions.
- _____ 14. I can't stop thinking about past mistakes or failures.
- _____ 15. I feel sad a lot of the time.
- _____ 16. I often ask for advice before making a decision.



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- _____ 17. I tend to avoid dealing with my problems.
- _____ 18. I don't accept compliments or help from others very well.
- _____ 19. I feel like I'm good at giving advice.
- _____ 20. I am a perfectionist.
- _____ 21. I see most people as being very different from me.
- _____ 22. I often overlook my body's signals of stress, anxiety, fatigue, anger, and sadness.
- _____ 23. I feel alone and disconnected from others.
- _____ 24. I don't always say what I really mean.
- _____ 25. I often use the words "should" or "have to."
- _____ 26. I don't like the way I look.
- _____ 27. I find it hard to relax.
- _____ 28. I often skip meals or eat whatever is quick and available.
- _____ 29. I worry about pleasing others more than I worry about pleasing myself.
- _____ 30. There are some people I just don't like.



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Charge Up Your Life Scoring the Quiz

Circle the numbers below that correspond to the statements you checked:

C - 11, 16, 18, 26, 28; H - 2, 12, 14, 22, 27; A - 1, 3, 20, 25, 30;

R - 8, 10, 13, 19, 21; G - 4, 5, 9, 24, 29; E - 6, 7, 15, 17, 23.

Count the number of items in each of the six letter categories and notice the ones that have 2 or more circled. These are the areas that keep you stuck.

		#
C	Low Self-Confidence	
H	Anxiety and Stress	
A	Self-Limiting Beliefs	
R	Conflicted Relationships	
G	Unhealthy Boundaries	
E	Depression and Negative Thinking	

To learn more about these 6 Key Areas that hold you back...

Charge Up Your Life Book: Conquer the 6 Barriers to Love, Happiness, and Success is available through www.amazon.com www.bn.com

Also, available in e-books.