



WCI OPTIMUM LIFE ASSESSMENT (OLA)

The WCI Optimum Life Assessment was designed with success and happiness in mind. If you score highly on this assessment we can almost guarantee your happiness.

Optimum - most favorable conditions or greatest degree or amount possible under given circumstances. Goodness, good - that which is pleasing or valuable or useful; "weigh the good against the bad"; "among the highest goods of all are happiness and self-realization" Source: www.thefreedictionary.com

Instructions

1. Give yourself one point for each statement with which you agree
2. Add up each section score in the space provided
3. Total all section scores and refer to the scoring key at the end of the test

Good luck!

Physical Health (11)

- I wake up naturally without an alarm
- I am aware of which nutrients I am deficient in and use supplements accordingly
- I do some form of exercise three times per week (preferably exercise that does not raise my adrenaline but rather gets my metabolism going and gives me energy in the end - e.g. walking, yoga, swimming, pilates, tai chi)
- I do weight training three times per week
- My diet is 95% free of caffeine
- My diet is 95% free of alcohol
- My diet is 95% free of sugar
- My diet (including water) is 95% free of chemicals

- ___ My diet is 95% free of refined carbs (white bread, bagels, etc.)
- ___ I get 8 hours of sleep each night
- ___ I rarely miss work due to illness

___ **Section Score**

Emotional Health (11)

- ___ I am aware of where I have chemical deficiencies in my brain and use supplements to fix these imbalances
- ___ I understand that each emotion is associated with a specific energy level and more loving and joyous emotions have the highest energy levels and emotions such as fear and worry have low energy levels
- ___ I understand that each emotion delivers a certain level of energy from my body and whatever I deliver I get exactly that back
- ___ I am able to sit with my emotions in a non-reactive state knowing they will pass: this true for both highs and lows
- ___ I understand that you are the average of your emotions that have occurred over the last week and if you are not happy with that emotional average you can only change this by changing your neuro-linguistic programming, or neural pathways in the mind associated with certain thought habits
- ___ On a daily basis I repeat as many times as possible at least one new thought habit stated in the past or present tense using positive words to replace my negative thought habits and ultimately, change the neural pathways, and expand the capabilities and health of my brain and thinking
- ___ I have experienced that by repeating one new thought habit 100 times per day (speaking, reading, writing, thinking) for 30 days my life changes for the better
- ___ I understand that the core belief of negative emotions needs to be understood, felt and released, in order for me to let go, integrate the lesson and move on with creating my life, loving myself and encouraging others to do the same
- ___ I have no attachments to materials things
- ___ I am aware when mine or my partner's emotions are triggered by tiredness, stress, hormones, etc. and am able to manage my reaction
- ___ I have let go of my baggage from the past

___ **Section Score**

Relaxation & Fun (10)

- ___ I set time aside each morning for me where I am alone and quiet during which time I journal, read non-fiction books, write new thought habits, write

gratitude statements for my life, write requests to my higher power for all things except money, stretch, work on my life vision, meditate, etc.

I set time aside each week for something that brings me pure pleasure, an interest, a hobby, something new, an adventure

I take my full vacation each year

I laugh a lot

I cut back on non-stimulating TV, magazines and internet use including social networking and don't watch or read sensationalized dramatic news or celebrity "news" which breeds negative energy

I listen to music that motivates me (not music that is depressing)

I don't take life too seriously

I take pleasure in the small things

Weekends and days off are a joy for me

I am never bored

Section Score

Environment (12)

I live in the geographic area of my choice

I live in a home that I love

I am always on time

My home and office is free of clutter

My work environment is inspiring and productive

I surround myself with beautiful things

There is natural light in my daily life (home, office, spending time outside during daylight)

I recycle and cut back on bottled and packaged goods (e.g. filtered water pitcher vs. bottled water)

I don't use chemically based products or those that damage the environment

My bed is comfortable and is made daily

I don't tolerate anything in my environment (e.g. chipped paint, dust, etc.)

I don't put things off; when it occurs to me, I do it, handle it, or have it done

Section Score

Money (11)

My taxes are in order and have all been paid

I have at least 6 months' worth of savings

My will is up to date

I save 10 percent

I have no outstanding debts to any person, credit card companies or banks

- I have a financial vision and plan written down with specific goals for the next 1, 2, 5, 10 and 25 years
- I believe in abundance and that money is good
- I have met with a financial consultant or tax consultant at least once in my life
- Money is abundant and is attracted to me
- I am not a burden to anyone
- I make money because I add value to the people who need what I have

Section Score

Work (11)

- I am on a career or professional or business track that is or will soon be financially rewarding
- I love my work
- I enjoy the people I work with
- My work is aligned with my values and purpose
- I work to live not live to work
- My work-life balance is ideal
- When I arrive at work I am productive because I am not over-worked
- I delegate well
- My emotional intelligence score is above average
- I have a vision and plan for my work written down with specific goals for the next 1, 2, 5, 10 and 25 years
- My work is both fulfilling and nourishing to me; I am not drained

Section Score

Spiritual Path & Personal Development (13)

- Self-realization is my goal and I know what this means
- I feel I am in touch with my purpose for being born into this world
- I know what my true values are
- I spend time each day working to develop myself in some way or get to know myself better (journal, read non-fiction books, write new thought habits, write gratitude statements for my life, write requests to my higher power for all things except money, stretch, work on my life vision, meditate, etc.)
- I have a higher power and am in concert with them
- I live my life based on my truest desires, not the expectations of my family, society or my culture
- I feel inspired, creative and in the flow - I keep an ideas journal at all times and write down my ideas as they come to mind
- I feel confident that my dreams and vision will come to be
- I read my vision statements or vision every day, sometimes three times per day

___ I am in tune with the opportunities that cross my path and have the confidence to follow them - I don't believe in coincidences

___ I constantly increase my knowledge: I model others who have crossed the path before me, I read non-fiction books to gain knowledge, I attend seminars, workshops and classes to increase my knowledge

___ I believe in a higher power that wants the best for me - I know that I am not in control - I have let go and handed my life over

___ When I love myself I am really loving my God, Higher Power, Source, Creator within me

___ **Section Score**

Contribution & Service (4)

___ I give 10 percent of my income to my source of spiritual guidance, to charity or to those in need

___ The work I do contributes in some way to the betterment of my community or the world we live in

___ I teach others what I know

___ I volunteer my time and money to others who are not as fortunate as me

___ **Section Score**

Relationships (12)

___ I have a fantastic sex life

___ I know where and when to set boundaries and do it expediently and with ease

___ If I take the average of the five people I hang around or talk with most, I like person that average represents. I know that this average is a reflection of me. If I don't like the average then I find a new peer who better represents the person I am growing to become - When I need to let a peer go who is not aiding my growth I can do this without feeling guilty

___ I have a great understanding of the difference between men and women's needs and adjust my interactions accordingly

___ If I choose to have a committed partner we together have a vision for our relationship - If I choose not to be in a relationship it is for healthy reasons and I have a vision for my life without a partner

___ When meeting new people or dating I live in curiosity accepting the oneness of all humankind and I ask open-ended questions until I find something we have in common

___ I enjoy my family/extended family; we have worked through any dysfunction/past problems

___ I do not judge or criticize others because I know that we are all from the same substance, just on different paths and levels of self-awareness

___ I can completely be myself with the people in my life

___ I always tell the truth, no matter what

___ I quickly clear up miscommunications and am able to see my part in a situation

___ I am a great listener

___ **Section Score**

SCORING KEY

90–101: Awesome. Congratulations for having such a great life.

80–89: Excellent! Your score is very high—this is a tough test.

70–79: Very good. You're definitely on track for a high-quality life.

60–69: Pretty good. You are making progress, but there's work to be done.

50–59: Average score. Why not make your quality of life a priority and score 10 more points in the next month?

40–49: This is nothing to feel badly about, but you'll probably need to make some real changes to improve your life.

30–39 Weak: The questions are challenging, but not that challenging. What's up with you?

20–29: Okay, let's get serious. You have one lifetime. How come you're not making the most of it?

10–19: What's this about? Is it a temporary condition or have you just not paid attention to your life yet?

0–9: Ouch! How come your score is in this range? Could it be low self-esteem or emotional stress?

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