



Are you feeling stuck? Do you want to know if Free the Goldfish’s personal development tools are right for you? Take the test!

The attached quiz will help you identify where you could make improvements in your current life. Simply print out the quiz and answer the questions in the four core areas. When you’re done, check out your score to see how stuck you are – and if you think coaching could make a difference in your life, sign up for one of our [personal coaching programs](#).

Read the following statements and indicate how much you agree with each statement:

1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

MY TIME

- 1 2 3 4 5 I do not feel like I have enough time for me.
- 1 2 3 4 5 I am tired of living the “work-eat-sleep” routine.
- 1 2 3 4 5 I sometimes find it hard to say “no” to things.
- 1 2 3 4 5 I do not give myself enough time to think about the future I want.
- 1 2 3 4 5 I do not always spend my time according to what I’ve set as priorities.
- 1 2 3 4 5 I have a never-ending “to do” list.

MY SPACE

- 1 2 3 4 5 I am surrounded by clutter.
- 1 2 3 4 5 I spin in circles thinking without actually getting anywhere.
- 1 2 3 4 5 I wish I had more of a support network.
- 1 2 3 4 5 I sometimes have trouble sleeping because of the number of things on my mind.
- 1 2 3 4 5 I have too many commitments and I’m not sure how to prioritize them.
- 1 2 3 4 5 I envy people who find joy in every day.

MY GOALS

- 1 2 3 4 5 I notice myself asking “What more is there?”
- 1 2 3 4 5 I know what I want, but I’m not sure how to get there.
- 1 2 3 4 5 I’m not sure what I want, but I know this is not it!
- 1 2 3 4 5 I find it hard to commit to my health and wellness.
- 1 2 3 4 5 I’m looking forward to making changes.
- 1 2 3 4 5 I find it hard to articulate my personal vision.

MY PERSPECTIVES

- 1 2 3 4 5 I feel like I am more negative than I would like to be.
- 1 2 3 4 5 I’m not sure I have what it takes to reach my goals.
- 1 2 3 4 5 I don’t think other people understand me.
- 1 2 3 4 5 I worry about what happens if it doesn’t work.
- 1 2 3 4 5 I find myself doing things simply because I feel like I “should” be doing them.
- 1 2 3 4 5 I struggle to understand why others behave and think the way they do.
- 1 2 3 4 5 I just feel stuck.

Count the number of questions you scored 3 or higher, and see which tier you fall into:

1-8 — You are well on your way to living the life you want. Keep it up!

9-16 — Your fishbowl is okay, but you may want to consider making some changes.

17-25 — Yikes - trapped in the fishbowl! You really should start making some changes soon.