

# THE ELEVATE SCORE



	Agree	Somewhat	Disagree
I feel like I am in control of my life.			
I am not good at confrontation.			
I have techniques that handle my stress levels when they rise.			
I know what is right and wrong in every situation.			
I am depressed often and don't feel genuinely happy.			
I have someone in my life that I have not forgiven.			
I love and accept myself entirely with no exceptions.			
I admit I need approval from others to be happy.			
I feel best when everything is perfect.			
I know what makes me feel down at times.			
There is a difference between selfishness and self-interest.			
I can articulate the difference between using my best judgement and judging others.			
When I choose to do so, I jump all in with 100% commitment.			
I consider myself a leader.			
I have a hard time stepping up to fear but do what I am afraid of anyway.			
I am easily distracted throughout my day.			
I know what toxins I am around and ingest daily.			
I know what undetected nerve damage is and how it affects me physically.			
My thoughts empower me and give me strength.			
I know my top 5 habits for great health, wealth, and relationships.			
Money is the root of all evil.			
I am happier inside with more money.			
I can list three qualities I am really good at immediately.			
I know how to create wealth in my life.			
I can list out what my needs are in relation to a significant other.			
My priorities are clear and defined.			
I do not have a clear purpose of life memorized.			
I am 100% satisfied with how I look.			
I would not classify my physical energy as strong.			
I know how to prevent 96% of cancers.			
I am currently taking anti-depressants or anti-anxiety drugs.			
I don't know what I want exactly.			
I know precisely how to avoid divorce now and in the future.			
I would rate my closest relationship a 9 or 10 overall.			
I am who I want to be.			
I have a relationship with God.			
I know I can accomplish anything I put my mind and actions towards.			
I am not sure how to grow kids into leaders.			
I care deeply for fellow mankind.			
I am confident that everything is going to turn out the way it is supposed to.			

Reset



SCORE

**120-116 - TOTALLY ELEVATED!** You strongly know who you are, why you are here, what you want, how you're going to get it, and why! You are in total control of your life and know exactly what makes you happy. You are on a mission and making a difference! Very impressive!

**115-110 - ELEVATED!** You have a good grasp of who you are and what you are all about. You have good clarity on what makes you happy and what direction you are headed. Your future involves getting crystal clear on your desires and purpose. You intentionally drive your life. Keep striving! Looking good!

**BELOW 110 - TIME TO ELEVATE!** You are a work in progress just like all of us! You are starting or are in mid journey to discovering exactly what is important to you and how you are going to achieve it. You are authentic and ready to be the change so you can see the change! Let's do this!

ELEVATE