

Free Your Time, Free Your Life!

Time Abundance Assessment

How "Time Abundant" Is Your Life?
To Find Out, Fill Out This Quick Assessment

How to take this assessment: Read the statement on the left and right. Circle the number that is most true for where you are in your life. There is no perfect answer and no way to know the "right" number for you. Just use your gut instincts. A "0" means you are in total alignment with the statement on the left, and a 10 means you are in total alignment with the statement on the right. 5 is neutral and the other numbers represent the degree to which you are closer to one side or the other. Enjoy!

| | | |
|---|------------------------|---|
| I worry about the future; getting things done and getting to the next level | 0 1 2 3 4 5 6 7 8 9 10 | I live in the the present moment. |
| I don't enjoy the activities I do, I just do them to get them done | 0 1 2 3 4 5 6 7 8 9 10 | I enjoy everything I do |
| I'm never satisfied with how much I accomplish | 0 1 2 3 4 5 6 7 8 9 10 | I'm pleased with how much I accomplish |
| I feel overwhelmed and stressed | 0 1 2 3 4 5 6 7 8 9 10 | I feel peaceful and relaxed |
| I'm always in a hurry to get places | 0 1 2 3 4 5 6 7 8 9 10 | I get where I need to be and feel good about it. |
| My mind is so cluttered with things I have to do that I don't even have time to think | 0 1 2 3 4 5 6 7 8 9 10 | My mind is free and clear for new ideas and opportunities |
| I feel there in never enough time in my life | 0 1 2 3 4 5 6 7 8 9 10 | I feel an abundance of time |

This is part of the "Free Your Time, Free Your Life" Coaching Program
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