

Extraordinary Life Self-Assessment

Created by William H Johnson Jr, Life Design Institute

"The ordinary are here to fit into the world; the extraordinary are here to create their own worlds." - Matshona Dhliwayo

What if you could take a test on "life?" How would you do? The Extraordinary Life Self-Assessment is test about life. The Extraordinary Life Self-Assessment determines how well you are living an extraordinary life! The 25 statements below will help you decide whether your life goes beyond the normal and ordinary. Living an extraordinary life is one that infuses hope for a better future into a life already rich with meaning and purpose. Regardless of your answers to each statement and your final score at the end, this self-assessment will help you begin, or continue, the process of designing an extraordinary life. Let the transformation begin!

Let's first make a distinction between ordinary and extraordinary:

- Ordinary (The Free Dictionary) – "With no special quality or interest, no distinctive features. That which is normal, usual, unexceptional. Having no special ability or purpose. Not particularly good; not better than average."
- Extraordinary (The Free Dictionary) - "Beyond what is ordinary, usual, regular, or established. Very unusual, remarkable, noteworthy, or surprising. Highly exceptional. Held for a special purpose."

What is an "Extraordinary Life?" It's a state of mind and a state of being. It's how you touch lives, inspires others, and make the world a better place. It's a deliberate act of rising above the challenges of daily life from the power of knowing who you are, what you are here to do, and what you want from and for the world. It's life on your terms. It's a life you design. An extraordinary life doesn't happen in a flash; an extraordinary life occurs moment to moment, every day, over the course of your lifetime. Ultimately, you get to decide what makes life extraordinary.

For each statement, use the following scale to reflect how well you are doing in that particular area, with 1 = Poor and 4 = Excellent. **To achieve the best results, you MUST be completely honest with yourself.**

- 1 = Poor. I am doing poorly in this area of my life.
- 2 = Fair. I am doing okay in this area of my life.
- 3 = Good. I am doing good in this area of my life.
- 4 = Excellent. I am doing excellent in this area of my life.

1. I take 100% responsibility for my actions and decisions. I never complain, blame, or make excuses.

1 2 3 4

2. I take care of all aspects of my health, physically, mentally, emotionally, and spiritually. I seek help when needed. I engage in self-care practices that honor my health and well-being.

1 2 3 4

3. I live with courage and authenticity. I am true to myself and embrace vulnerability. I express my thoughts, feelings without fear.

1 2 3 4

4. I live my life based on my personal core values. I know what matters most in my life and what gives my life meaning.

1 2 3 4

5. I believe I was put on this earth to serve something greater than myself. I find opportunities to profoundly serve others in ways that are meaningful to me.

1 2 3 4

6. I know that adversity, setbacks, and failure are a part of life and see them as opportunities to learn and grow. I handle success with humility and failure with grace.

1 2 3 4

7. I understand that I don't have control over the events that happen in my life. However, I do understand that my response to events dictates the outcome.

1 2 3 4

8. I don't allow fear and limiting beliefs hold me back or keep me down. I use them as fuel to keep me moving forward.

1 2 3 4

9. I am honest with myself and with others. I always do what I say I will do. I follow through on my commitments and obligations to myself and to others.

1 2 3 4

10. Talk is cheap. I know that my actions determine my results. I also know that my actions determine how others perceive me. I project confidence in myself and my abilities.

1 2 3 4

11. Change is the only constant in our life. I embrace change and can handle change because I am flexible, adaptable, and resilient.

1 2 3 4

12. Anxiety, stress, and negativity are all signs of pain and discomfort in life because I am not meeting the expectations of myself and/or others. I minimize suffering by focusing less on expectations and more on appreciation.

1 2 3 4

13. I can admit when I am wrong and make a mistake. I apologize without expectations, with sincerity, and a willingness to make things right.

1 2 3 4

14. I have a plan for life and take intentional steps to create a better future for myself. I am clear about who I want to be, what I'm here to do, and where I want to go. I have the self-discipline and self-control to be successful.

1 2 3 4

15. I have healthy relationships with family, friends, and people who support me and enhance the quality of my life. I have minimized the effect of or let go of the toxic people in my life.

1 2 3 4

16. I understand that my past doesn't dictate my future. I can forgive myself and others for previous wrongs and past mistakes.

1 2 3 4

17. I understand that sacrifices may be needed to get here I want and need to go. I work hard, but when it's too much on me and/or affecting others in a negative way, I know to slow down and take a step back.

1 2 3 4

18. I am grateful and appreciate all the things I have in my life. I give thanks when appropriate and compliments when deserved.

1 2 3 4

19. I take time to have fun, be creative and curious, and enjoy life. I find the beauty and the good in life every day.

1 2 3 4

20. I am fully present, mindful, and aware of my surroundings every moment. I live with the intention to get the most out of my day.

1 2 3 4

21. I engage in habits and activities that help me improve, grow, and move forward. I do not engage in habits and activities that hinder/limit my progress.

1 2 3 4

22. I have high expectations of myself and what I can achieve. I understand that growth occurs when I step out of my comfort zone.

1 2 3 4

23. I don't allow the opinions and judgment of others impede my progress of becoming my best self. I only compare my present self to my past self.

1 2 3 4

24. I accept differences in people and treat others with respect. I see the good in people and look for areas of commonality and connection.

1 2 3 4

25. I am comfortable and optimistic about my money/financial situation, now and for the future. I am financially independent.

1 2 3 4

To get your final score, add up your points from the 25 statements; write down your total points here: _____

After you complete the Quiz, add up your score. Use the point system below to give yourself a grade for this Quiz.

- 100 = A+. I am living an Extraordinary Life. My life is perfect.
- 90-99 = A. I am close to living an Extraordinary Life. I know I need to make few changes, but it won't take much to make it an Extraordinary Life.
- 80-89 = B. I am Living a Good Life, but I know I can do a little bit better in a few areas for my life to be Extraordinary.
- 70-79 = C. I am Living an Ordinary life. Nothing great or unusual. There's definitely changes I can make in order to move towards Living an Extraordinary Life.
- 60-69 = D. My life isn't going so well. I'm barely getting by. If I don't make any changes, I'll stay stuck here - or it may get worse.
- Under 60 = F. My life sucks. Nothing is going right. With help, I know I can take steps to move forward and create a better life.

What is your score? As you reflect on your answers, what's going well in your life? What areas are most challenging? I don't believe it's possible to get to a perfect 100 because there is always something we can do, even if it's small, to get a little bit better, every moment, every day. Your score will vary, as each day presents new challenges and opportunities; your responses to this self-assessment will be stronger and healthier some days more than others. See it as a starting point on your journey towards an extraordinary life.

What does an extraordinary life mean to you? What specific characteristics and attributes would YOU use to define what an extraordinary life means for you? What gets you excited? What brings you joy? What motivates you? What matters to you? What do you want your life to look like now and in the future? What will get in the way?

Take a few minutes to reflect by completing the following sentences:

“I am already making extraordinary choices that enhance my life, such as...”

“The things I’m doing that are keeping me from moving toward extraordinary are...”

Review your answers, then choose one of the 25 statements to work on first. Choose an area that's most challenging for you right now; create a strategy to take one small step to make an improvement in that area. Try it for a week; if successful, extend it to a month. If you find that it has made a difference in your life, make it a habit so that it becomes routine. If it doesn't work, try something else. The goal is to make small changes that can lead to a big, monumental difference in your life over time.

“The one thing I promise to commit to doing with intention every day for the next 30 days, would be...”

You will also need to address what might keep you from committing to and/or staying on track. If you commit to something new, you're also saying no to something else. What will you do when the negative thoughts and/or limiting beliefs get in the way? Use the space below to write your answer:

Need accountability? Take this assessment with a supportive family member or friend. Challenge each other to make and stick to making one change. You may even want to create a "working group or mastermind group" and challenge each group member to find one thing to change, then report back on a regular (preferably weekly) basis on progress.

Do you want another challenge? Take the Self-Assessment yourself and give it to someone that knows you well. Ask them to take the Self-Assessment in terms of how they see you – and compare the results. The results could lead to some very interesting conversations and insights that will help you understand yourself better.

I hope this Self-Assessment provides is the catalyst to spark a change to enhance the quality of your life. As you embark on your journey to live an extraordinary life, remember this quote: "Ordinary is life by default. Extraordinary is LIFE BY DESIGN." - Al Spicer