

THE CRQ

CURRENT REALITY QUIZ

A REALITY CHECK



WHY A QUIZ: This quiz is the *first* step in truly designing your dream life. It breaks out your life into different areas to help you get a better handle (or Handel) on what needs attention, love, and a figurative swift kick.

DIRECTIONS: Rate yourself from 1-10 in each of the following areas. Where do you fall (1-10) in comparison to the 9 or 10 described in each scenario below. 10 is exemplary; 1, excruciating.

WARNING: This quiz is not out to depress you. It's a reality check: An honest measurement of where you are now (your current reality) in comparison to where you want to be. It's important to also pay attention to the type of self-rater you are. Are you the type that considers anything close to a horn toot, a brag? So you rate yourself lower than you actually are? Or are you the Stepford Wife-type that says everything is "great" when truthfully you're in hell?

1. When you look at yourself in the mirror, the voice in your head is loving, proud, and supportive. Rating: _____
2. Your body is a well-oiled machine. You drink water. You know the water in your coffee doesn't count. You see your doctors annually and get all age-appropriate tests done. You are not the knock on wood (pine box) type when it comes to your health. Rating: _____
3. Your love life makes you smile (not smirk)—whether you are proudly hunting for love, freely dating and having a blast, or are currently in a connected, deep, and loving relationship. You are exactly where you want when it comes to love. Your friends (the honest ones) would agree. Retirement is not option in this area. You should rate yourself a 1 in this area if you have no plans of ever dating again or a 2 if you have a date once in a blue moon. Rating: _____
4. If you're currently in a relationship, you are having hot sex regularly (yes, with your partner) at least once a week, if not more. He or she would agree and "amen" that. If you are *not* in a relationship, you are hands-on (wink, wink) enjoying yourself alone. If you're actively happy alone, you should cap your rating at a 4. Yes. A literal *hand-i-cap*. Rating: _____
5. Spiritually, you feel connected to something bigger than yourself. Whatever you believe in, you are proud where you stand (or kneel). Rating: _____
6. Work-wise, you are striving, stretching, and doing something you wholeheartedly care about. Rating: _____
7. You are happy with the amount of money you earn, save, grow, and put aside to play with. Rating: _____
8. You manage your time impeccably. You know how long things actually take, and you plan for them. Rating: _____
9. You are happy where you live. Your home, apartment, condo, dorm room, RV, etc. is a reflection of you (and that's a good thing). Rating: _____
10. You love your family—both immediate and extended. Your kids (if you have any) are not only tolerable, they ROCK. You cherish your parents and accept their foibles. You are free to be yourself with everybody. There is no sweeping things under the rug, eggshell walking, and/or talking behind people's backs. Yes, even on holidays. Rating: _____
11. You have a tribe of friends you adore and get to spend the perfect amount of time with them. They are your chosen other family. They deeply know you, have your back, and clap for you. You do the same for them. Rating: _____
12. You are having fun in your life. You travel. You are learning new things—from snowboarding to surfing to snapchatting. Yes, snapchatting. Rating: _____
13. You make promises to yourself and not only make them, you keep them. Rating: _____
14. You care about your community and give back. You are proud of the level you contribute. Rating: _____
15. Your good friends can count on you to tell them the whole truth and nothing but. Yes, even the, "Do I look like I gained weight?" question (after their trip to Italy). Rating: _____
16. You are secret-free. You even know that not saying something to someone is lying by omission. Rating: _____
17. You are loud in bed. Meaning, there's nothing you couldn't or wouldn't ask for sexually. (Even if you are not currently in a relationship, you still can answer this question.) Rating: _____
18. You easily hear the BS the voices in your head try to sell you. From why you *deserve* that third 100-calorie pack to what your boss *really* meant when she said you didn't need to come to the meeting. You listen to none of it, you shut it down, and can even laugh in the face of it, and if you can't shake the thought, you go and resolve it with the person. Rating: _____
19. You go to the gym at least 3x a week and work out like your life depends on it because, uh, it does. Rating: _____
20. This quiz was fun for you. You have long been suspicious of yourself as the problem in your own life. You are done blaming others. You are relieved and ready to roll up your sleeves and get to work. And you'd *never* rate yourself high right now just to up your average. Rating: _____



What's next: Now that you've rated yourself (1-10) in each of the twenty areas, you're going to tally up your score and find your average rating. If it's been a long time since you've done second grade math, you find the average by adding each of your twenty ratings together and dividing the sum by 20.

Total Rating: _____ \div 20 = _____ Your Current Reality Rating

What your self-score means: Re-read the warning label above and remember, this big quiz is not out to make you feel small. It is simply an internal "you are here" sign, helping you figure out the plan for how to get where you want in your life. You don't have to be great in math to see that if you sell out on even one area of your life, the average of your entire level of happiness diminishes.

Current Reality Rating of an 8 or above: If your overall Current Reality Rating is an 8 or above, you are more than likely deeply happy in your life, honest with yourself and others, in bold actions often, and consistently challenging yourself. It may even be time then for you to up your game and readjust your scale. Meaning, change how you define an 8 for yourself. Turning the # formerly known as 8 (a Prince reference) to a 6, and get hustling to challenge yourself to take even bigger actions. What was bold for you yesterday no longer qualifies as bold for today's scale. Play harder ball with yourself. Make sure your dreams are truly a stretch for you. Still not a pipe dream, but an absolute bigger reach.

Current Reality Rating of a 7: If your overall Current Reality Rating is a 7, you're more than likely in some of the right actions to forward your dream, but are moving slower than you should or even, could. Pay special attention to your inner dialogue. More than likely, you will need to up your level of Personal Integrity®, and learn how to keep promises to yourself, particularly when it comes to your favorite brand of excuses. Upping your rating from a 7 to an 8 will take getting into the right actions to get your head under new management, butcher your inner chicken, and time-out your inner brat.

Current Reality Rating of a 5 or 6: If your overall Current Reality Rating is a 5 or 6, you will have to go to battle not only with your head (like the 7 above), but deal deeply with your traits, hauntings, theories, and beliefs. Perhaps, you're just the type that prefers to aim low, pretending it's realistic and not cowardly pessimistic. If you are tolerating being a 5 or 6 in your life, you are more than likely not only blaming others, but holding tight to how you know you "are," things "are," life "is," and how nothing will ever change. These deep-seeded beliefs and theories will keep you stuck in a purgatory of sorts. There is, however, good news. There is a way out. But the only way out is in. It is vital for you to get conscious to how much your thoughts are informing your current reality and get busy changing them. Yes, changing them. It turns out, you are very much in charge of *your* personality.

Current Reality Rating of a 4 or below: Uh oh is right. But never fear, we're coming after your fears. More than likely if your Current Reality Rating is a 4 or below, a few things are at work. You are not so nice to yourself. Truth is, you may be truly unimpressed with yourself. No matter where you are, even if it's a hot mess, this is the beginning of change for you, and discovering your own favorite flavor of BS. Yes, we typed that. If you can stay sad, mad, hurt, and disappointed in yourself—do you have to do anything even remotely scary to change things? Answer: no. We're about to change all that. After all, feeling guilty and beating yourself up are not real actions; tell your inner brat and chicken, "nice try."