

Mind. Body. Money.™

The 100 Year Lifestyle Assessment

Whether you like it or not, want to or not, you will probably live longer than you ever thought. Take this Assessment now and make the lifestyle changes that ensure the quality of life you deserve.

Never --- Always

I am excited about the possibility of living to 100.....	1	2	3	4	5
I have many goals that I would like to achieve over my extended life.....	1	2	3	4	5
I am willing to make changes to improve my quality of life as I age.....	1	2	3	4	5
I have youthful energy in spite of my age.....	1	2	3	4	5
I enjoy a full night of restful sleep and feel energized each morning.....	1	2	3	4	5
I can consciously shift my energy whenever I want to.....	1	2	3	4	5
I am aware of the diseases in my family history.....	1	2	3	4	5
I live a lifestyle that counteracts the diseases in my family history.....	1	2	3	4	5
I am motivated by quality of life health goals rather than crisis management.....	1	2	3	4	5
I feel good about my current health condition.....	1	2	3	4	5
I exercise 4 to 5 times a week and am getting the results I want from my fitness routine.....	1	2	3	4	5
I eat healthy foods and supplement my diet.....	1	2	3	4	5
I visit health care providers proactively to stay healthy and avoid unnecessary health problems.....	1	2	3	4	5
I live in a peaceful, stress-free home environment.....	1	2	3	4	5
I work in an environment that nurtures my talents and where I feel appreciated.....	1	2	3	4	5
My home and work environment reflect my inner feelings and voice.....	1	2	3	4	5
I support myself through choices that I know are good for me.....	1	2	3	4	5
I actively seek out opportunities and enjoy learning new things.....	1	2	3	4	5
I am surrounded by supportive relationships at home and at work.....	1	2	3	4	5
I have achieved the balance I am looking for.....;	1	2	3	4	5
I am able to separate work time from play time.....	1	2	3	4	5
I have a clear picture of how I want to use my time during my extended life.....	1	2	3	4	5
My current financial path can sustain me until I reach 100.....	1	2	3	4	5
I am passionate about work and the way I earn money.....	1	2	3	4	5
I am living within my means and saving money regularly.....	1	2	3	4	5
I feel like my life has purpose and I am making a difference.....	1	2	3	4	5
I am actively involved in my community.....	1	2	3	4	5
I have a mentor and I use my leadership skills to mentor others.....	1	2	3	4	5

Add all the circled numbers. This is your total score: _____

See "What Your Score Means"



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