

Quiz #1 Where Are You Today? For each question, consider your experience in the past month. Mark each item according to how often an experience has occurred, as follows:

1 – Not at all or once at most

2 – Sometimes

3 – Fairly Often

4 – Often

- **__ I was depressed.**
- **__ I felt worried and anxious.**
- **__ I had to go to the doctor's office.**
- **__ I was in pain but didn't go to the doctor's office.**
- **__ A chronic health problem was present.**
- **__ I ate the wrong foods, fast food, or junk food.**
- **__ I was under pressure.**
- **__ I felt stressed out.**

- **___ I had trouble getting to sleep.**
- **___ I didn't get enough sleep.**
- **___ I didn't control my weight.**
- **___ I had a headache.**
- **___ I had a backache.**
- **___ My relationship didn't go well.**
- **___ I got seriously angry.**
- **___ I neglected exercise and physical activity.**
- **___ I had self-doubt or self-esteem issues.**
- **___ I felt lonely.**
- **___ I felt unloved or uncared for.**
- **___ There were troubling family issues.**
- **___ I was worried about the future**

Quiz #2: Your Highest Positive Experiences

For each question, consider your experience in the past month. Mark each item according to how often an experience has occurred, as follows:

1 – Not at all or once at most

2 – Sometimes

3 – Fairly Often

4 – Often

- **__ I felt contented inside.**
- **__ I expressed love openly to someone else.**
- **__ I felt free and liberated.**
- **__ I saw myself without blame or judgment**
- **__ I was appreciated and praised by someone at work or in my family.**
- **__ I felt inner peace and tranquility.**
- **__ I felt myself to be part of a larger plan or vision.**

- I experienced a loving gesture toward me.
- I had a spiritual experience.
- I felt lovingkindness and compassion.
- I forgave someone.
- I forgave myself.
- I let go of something negative from the past.
- I developed an emotional bond with someone.
- I felt blessed.
- I sensed what I'd call a divine or holy presence.
- I was lighthearted.
- My faith in human goodness was affirmed.
- I felt blissful or ecstatic.
- I saw or experienced inner light.

- **___ I experienced pure Being or unbounded awareness.**
- **___ I saw the sacredness of another person.**
- **___ I meditated, prayed, or did another contemplative practice.**
- **___ I felt creatively inspired.**

(Source: *The Healing Self*, by Deepak Chopra, MD and Rudolph E. Tanzi, PhD)