



Are You Ready for Dynamic Living?

Score each item Mostly True (MT) or Mostly False (MF).

	MT or MF
I take care to eat well and pay attention to my diet.	
I exercise regularly and maintain a healthy level of fitness.	
I get enough sleep, rest and quiet time.	
I feel like I have enough time to manage my life and work responsibilities.	
I feel energized and accomplished at the end of my day.	
My life is balanced and in harmony.	
I am patient and calm in times of difficulty.	
My sense of humor and supportive friends help me to keep perspective.	
I handle the small things such as traffic or delays well and don't over-react.	
I am healthy in mind, body and spirit.	
I regularly have fun and adventure in my life and work.	
I have a reflective practice that keeps me connected to a greater purpose.	

Results: If you scored more than 3 items Mostly False you are most likely experiencing one of more symptoms of stress.

Watch our free podcast. Hear Michael Lee, author of Turn Your Stress into Bliss and Alicia Rodriguez, author of EveryDay Epiphanies and founder of Sophia Associates discuss ways you can manage stress and learn how to create your Dynamic Life now.