THE EXTRAORDINARY LIFE 2-MINUTE ASSESSMENT

Are You Ready for Your Extraordinary Next Chapter?

Two minutes. Six questions. One honest look at where you are.

Every extraordinary life begins with knowing where you are today. Not where you think you *should* be. Not where others expect you to be. Just where you are, right now.

The six statements in this assessment follow the six phases of the journey in *Envision Your Extraordinary Life*, from exploring what's possible to breaking through to success. Your answers will show you where you're strong and where your attention could make the greatest difference.

HOW TO TAKE THE ASSESSMENT

1. **Read each statement** and choose the number that best describes you today.
2. **Write down your score** for each statement on the scorecard on page 3.
3. **Add up your total** and find out what your score tells you.
4. **Circle your lowest score.** That's the area asking for your attention right now.

THE SCALE

1	2	3	4	5
Not at all	Rarely	Sometimes	Mostly	Very

There are no right or wrong answers. Just your answers.

Linda M. Hogan
Author, Envision Your Extraordinary Life: Living Happy, Joyous, and Free

THE ASSESSMENT

Choose the number that best describes you today. 1 = Not at all, 2 = Rarely, 3 = Sometimes, 4 = Mostly, 5 = Very.

1. EXPLORING POSSIBILITIES

I have a compelling picture of what I would like the next chapter of my life to look and feel like.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

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2. BUILDING THE FOUNDATION

I am clear about the values, priorities, and sense of purpose that I want to guide my life.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

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3. CHARTING A COURSE

I have translated what I want into meaningful goals and know the next steps I need to take.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

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4. EMBRACING THE JOURNEY

When I encounter uncertainty, obstacles, or setbacks, I can adapt, learn, and continue moving forward.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

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5. SELF-MASTERY

My thoughts, choices, habits, and actions are generally aligned with my values and the person I want to become.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

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6. BREAKING THROUGH TO SUCCESS

I am constantly taking purposeful action toward the future I envision rather than simply thinking about it.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 *Not at all → Very*

Now turn the page and write your score for each statement on your scorecard.

MY SCORECARD

Write your score (1-5) for each statement, then add them up. Circle or mark your lowest score.

PHASE	MY SCORE	LOWEST?
1. Exploring Possibilities		☐
2. Building the Foundation		☐
3. Charting a Course		☐
4. Embracing the Journey		☐
5. Self-Mastery		☐
6. Breaking Through to Success		☐
MY TOTAL (6-30)		

WHAT DOES YOUR SCORE TELL YOU?

24-30 **BRINGING YOUR VISION TO LIFE**

You have many of the foundations for creating your next chapter. Your opportunity may be to strengthen alignment, maintain momentum, and expand your impact.

18-23 **READY FOR GREATER CLARITY & ALIGNMENT**

You may know that you want something more, but parts of the picture, or the path toward it, still need definition. This can be an exciting time to reconnect with what matters most.

12-17 **AT A CROSSROADS**

You may be feeling the pull toward change without yet knowing exactly what that change should look like. Your next step isn't necessarily to make a major decision. It may be to give yourself permission to explore possibilities.

6-11 **TIME TO REIMAGINE**

Your answers may indicate a meaningful gap between the life you're living and the future you want to create. Begin with curiosity rather than pressure: *What could become possible if I allowed myself to envision something different?*

YOUR LOWEST SCORE

Look at your lowest score. That may reveal where your attention could make the greatest difference right now. Find it below.

1. **EXPLORE**
   Give yourself permission to dream again and see what's possible.
2. **BUILD**
   Clarify the values, priorities, and purpose you want to guide your life.
3. **CHART**
   Turn what you want into meaningful goals and clear next steps.
4. **EMBRACE**
   Grow your ability to move through uncertainty, obstacles, and setbacks.
5. **SELF-MASTERY**
   Align your thoughts, habits, and choices with the woman you're becoming.
6. **BREAK THROUGH**
   Move from thinking about your future to taking purposeful action.

My lowest score is in:

One thing I notice about my results:

YOUR NEXT STEP

Your complimentary **Your Extraordinary Next Chapter Reflection Guide** is the perfect next step. Take 10-15 quiet minutes with it, and keep your lowest-scoring area in mind as you answer the prompts. Let your answers be honest rather than perfect.

Ready to go deeper? *Envision Your Extraordinary Life: Living Happy, Joyous, and Free* walks you through all six phases, and the **Visionary Women's Mastermind** offers a supportive community of women creating their next chapter together.

envisionyourlife.coach

Envision it. Believe it. Create it. Live it.