

The “LIVING ON PURPOSE” self test

This Living On Purpose Test has been made available by *In Light Times* { www.InLightTimes.com }. The complete Feature Article by Jayane Chilkes ALCM, MABCH, ITEC from which it is taken is permanently archived in the April, 2002 web edition at <http://www.InLightTimes.com>

Step One: Circle the number which best represents your answer. Use five as neutral. Anything below five isn't working or lacks clarity; above five is working above average or is clear.

1. I am crystal clear what my life purpose is. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
2. The life I lead is a full expression of my life purpose. (Of course, you need to know your purpose to have your life be in expression of it.) / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
3. My life at the moment is designed to nurture me and those around me. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
4. My life at the moment gives me plenty of room to fully express myself. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
5. I am fully known and related to as my life purpose by others around me. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
6. I live a values-based life rather than living a materialistic-based life. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
7. I recognize the contribution I can make to others by expressing my life purpose.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
8. My life is shaped by my life purpose rather than by what others expect of me or think I should be.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
9. I fully experience and I'm grateful of the simple abundance all around me.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
10. My life is free of unnecessary clutter and complexities and I seldom feel overwhelmed, rushed or cluttered.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
11. I regularly acknowledge the gracious bounty of my life. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
12. I fully realize many of the best things in life are free and my life reflects this.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
13. I trust that as I live true to my purpose the Universe will provide everything I need for the expression of my purpose.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
14. I regularly take time to nurture myself in ways that feed my soul. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
15. I have plenty of time to devote to my family, friends and community. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
16. I have a rich and satisfying spiritual life. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
17. I have taken time to explore my beliefs to be certain they are of my own choice rather than what others think I should believe. / Disagree 1 2 3 4 5 6 7 8 9 10 Agree
18. I've established my home as a sanctuary for the soul and it reflects this.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
19. I feel a deep sense of security and I'm seldom fearful of not having “enough” of anything.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree
20. I regularly reach out to assist others on their path to living on purpose.
Disagree 1 2 3 4 5 6 7 8 9 10 Agree