

		1	2	3	4	5	6	7	8	9	10
16	Have no expectations of others - but instead I make agreements and strive to keep my agreements. If I cannot, I quickly make new agreements.										
17	Have a high level of mastery over the appetites of body and mind and as a result I have a body that is healthy, balanced and flexible for my age.										
18	Eat slowly and deliberately and enjoy all kinds of foods without guilt or indulgence and I am not fanatical about extreme diet and exercise regimens.										
19	Modest in dress and appearance. Do not try to attract attention through dress or appearance, but also see my personal appearance as a responsibility toward self and others.										
20	Free from the power of any addictions of body or mind (drugs, alcohol, smoking, caffeine, soda, over-eating, pornography, complaining, criticizing, blaming, etc.)										
21	Deliberately direct my attention to the positive aspects of any given situation or person. Others see me as an eternal optimist.										
22	Live in a state of loving what is and not worrying about what isn't or what might have been.										
23	Very present minded with no emotional baggage of blame and guilt over my past and no worry and anxiety over my future.										
24	My language is full of gratitude when speaking of the past, peace when speaking of the present and confidence when speaking of the future.										
25	Generally prosperous financially, but choose to live simply and am not materialistic or flashy and I am generous with the prosperity I do have.										
26	Don't have a lot of stress over money in general- whether I currently have a lot or a little, it doesn't impact my happiness because I know that money is just a form of energy that can be attracted based on fixed principles of attraction over which I have a high degree of control.										
27	Generally experience harmonious relationships with others because I'm not trying to derive my happiness from others behaving in certain ways that please me (including people close to me like spouses, parents, and children).										
28	Have no fear of death- seeing it as a natural part of my continued personal evolution, yet I do not dwell on death or afterlife or spirits or eternal rewards or punishments, preferring instead to keep my attention focused on living joyfully now.										
29	See heaven and hell as states of mind that one can live in now- not just "afterlife" realms.										
30	Tend to inspire others around me just by being who I am and without being pushy or preachy.										
Total X's for each column											
Multiply by		1	2	3	4	5	6	7	8	9	10
Total Point by Column											
Grand Total Score (out of 300 maximum)											

Remember- the only meaning this score has is the meaning you give it. I recommend that you look at your score as a baseline that represents your current level of spiritual alignment and a place from which you can grow by focusing your attention on areas that you'd most like to grow at this point in your life. The articles, products and recommendations you will find on www.johngroberg.com will help you gain additional insights into ways you can choose to grow yourself along any of these many dimensions of spiritual growth. You may want to re-take this self-assessment every once in a while to see where you've made progress and where you might want to focus next.