

Self-Exam for Renewing Your Life Journey

Below is a self-examination quiz that helps you evaluate incidents and events in your life that may still be effecting you and holding back your resiliency and ability to renew your life.

Mark Yes or No as applicable.

Score each point 0 (no present day effects) to 5 (high present day effects).

Life Event	Yes/No	If Yes, Score 0 (none) to (5 (High)
Difficulty adjusting to personal setbacks		
Difficulty adjusting to professional setbacks		
Difficulty adjusting to a serious personal injury or illness		
Changes in health of a loved one		
The death of a spouse or another significant loved one		
The death of a spouse or another significant loved one		
Difficulty dealing with marriage challenges		
Difficulty dealing with pregnancy issues		
Difficulty with sex issues		
Difficulty adjusting to a divorce		
Difficulty recovery from a relationship		
Difficulty dealing feeling isolated or lonely		
Difficulty recovery from an addiction		
Difficulty adjusting to a job loss		
Difficulty adjusting to a new job or position		
Changes in or losses in business		
Difficulty adjusting to financial changes or losses		
Difficulty adjusting to significant life changes		
Difficulty adjusting to a mid-life crisis		
A fork in the road of life with no clue what to do next		
You achieved your dreams and wonder, now what?		
You want to make a new start, but don't know where to start?		
Difficulty adjusting to retirement		
Difficulty adjusting to events of betrayal		
Moving past jail or prison time		
Total Yeses		
Total Score		

Key to scoring:

- 0-15: Excellent to good ability to renew
- 16- 30: some significant challenges to renewing
- 31- 50: significant challenges to renewing
- 51 or higher: definite signs of difficulty renewing

Scores 16 to 100 consider getting some assistance so you can move on with your life.