



## QUIZ: AM I SURVIVING OR THRIVING?

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|--|-----|----|
| 1. I feel overwhelmed often, yet get nothing done.                                   | YES | NO |
| 2. At the end of my day I'm disappointed because I have nothing to show for my time. | YES | NO |
| 3. I do not know my purpose right now.   | YES | NO |
| 4. I feel badly about myself.  | YES | NO |
| 5. I am not proud of myself.   | YES | NO |
| 6. I'm not happy in my relationships.  | YES | NO |
| 7. I want to change, but don't know how.   | YES | NO |

### RESULTS:

If you answered YES to ANY of the above questions, you are not thriving. YOUR life can be so MUCH BETTER. Life is TOO SHORT not to thrive! I want to help get you to your thriving life.

My Best,  
Kathryn