

## Self-Assessment: Do You Need More Tiny Habits in Your Life?

Answer the following questions to determine how many tiny habits you currently have in your life and how you can increase that number to reach your goals.

1. Are you content with your life overall?
  - I love my life!
  - No, I feel like something is constantly missing.
  - I'm somewhere in between.
  
2. Are you content with your job/career/business?
  - I'm living the dream!
  - I'm surviving; not loving it but not hating it either.
  - No, I need something more.
  
3. Are you content with your relationships and social life?
  - Very happy!
  - I could use more friends.
  - I have plenty of friends but I'm ready to find my soul mate.
  - No, I'm basically a hermit with no social life.
  
4. Do you know what your ultimate goals in life are?
  - Yes, I'm working hard to meet them.
  - Whenever I set goals, it takes too long to reach them that I lose my momentum.
  - No, I'm floating through life aimlessly.
  
5. Can you identify the tiny habits you're using to improve your health?
  - Yes! I wasn't aware of the term before but I definitely have these habits in place.
  - Maybe...this whole idea of tiny habits is new to me.
  - No, I need lots of help to improve my health.
  
6. Can you identify the tiny habits you're using to improve your spirituality?
  - Yes! I feel fulfilled knowing these habits are in place.
  - Maybe...
  - No, I'm struggling in this area.
  
7. Can you identify the tiny habits you're using to improve your relationships?
  - Yes! They're helping tremendously and I'll never give them up.
  - Maybe...but there's definitely room for improvement.
  - No, I need lots of help with my relationships.

8. What are some bad habits that you'd like to change?

- 
- 
- 
- 

9. Do you feel confident that you can use these tiny habit suggestions to make positive changes in your life?

- Yes! Can't wait to do this.
- Maybe. I'm still not sure this will actually help.
- No. I don't know where to start.

10. Where else in your life do you feel unfulfilled? List the tiny habits you think might help.

- 
- 
- 
- 

Now that you've answered each question honestly, go back through your answers and jot down ideas for tiny habits that you can implement right now. There aren't any point values involved and no one will come back to check on whether you've made changes; but improving each of these answers toward the YES column will greatly help you reach your goals. If you've already answered YES to these questions, then keep doing what you're doing because you're on the right path!