

# Five to Thrive Quiz<sup>©</sup>

For each statement, determine the best measure of your current state and record the points.  
Tally the totals for each section.

How true is each statement regarding your current energy state?

0  
Never

1  
Rarely

2  
Sometimes

3  
Mostly

4  
Always

## Exercise and Nutrition



I exercise 4-5x per week, balancing cardio, strength, and outdoor physical activity.

I maintain a healthy body weight.

I actively monitor my alcohol and sugar intake.

I eat mostly non processed foods and more dark leafy greens than meat.

I understand, based on my age and weight, my daily fluid intake to stay hydrated.

### Exercise and Nutrition Total

## Rest and Renewal



I get 7-8 hours of high-quality sleep at least 5x a week.

I have the right number of people in my social circles who I can rely on for support and engage in some level of social interaction almost daily.

I understand that stress is a part of life and have tools to help increase my tolerance for ambiguity and uncertainty.

I actively monitor my screen time and technology use.

I know how to renew my energy in small increments when I want to increase my alertness, creativity, and emotional resilience.

### Rest and Renewal Total

How true is each statement regarding your current energy state?

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Never


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Rarely

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Sometimes

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Always

Focus and Growth	
I employ mindfulness strategies like meditation that help reduce my stress levels and enhance my memory and creativity.	
I focus on things/activities that matter most to me after my workday is complete.	
I intellectually push myself by exposing myself to engage in new learning, including the exploration of new ideas and experiences.	
I take time regularly to focus on having a positive mindset rather than a negative mindset (growth versus fixed).	
I have tools that help me feel present and fully engaged in the moment.	
Focus and Growth Total	

Joy and Passion	
I have emotionally healthy relationships at home, work, and socially.	
I engage in activities that bring me joy and a sense of fulfillment on a regular basis.	
I have a daily gratitude practice, taking time to reflect on the people and things that matter most to me.	
I regularly and frequently contribute to the causes and community needs I care about.	
Overall, my daily actions reflect my values and I allocate time and resources in ways that reflect those values.	
Joy and Passion Total	

How true is each statement regarding your current energy state?

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Time and Effort	
I prioritize my daily activities and tackle the most challenging things when I know my energy and focus is highest.	
I use technology and other tools to increase my productivity and limit my time scanning social media.	
I work in approximately 90-minute increments with a short break between activities.	
I do not multi-task to the extent I feel distracted.	
I am able to communicate my needs and say no to people.	
Time and Effort Total	

For each statement, determine the best measure of your current state and record the points. Tally the totals for each section.

Current Energy State Total	
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Depleted 0 - 20	Sputtering 21 - 40	Blah Zone 41 - 60	Nearly 61 - 80	Thriving 81- 100
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