

ARE YOU LIVING A **BIG** LIFE?

SELF - ASSESSMENT QUIZ

You're doing a lot.
Showing up. Supporting others. Keeping everything moving.

But here's the real question...

Are you truly living a BIG life, or just managing a busy one?

This quick self-assessment will help you step back, reflect, and see where you stand across the five essential areas of your life.

Be honest. This is for you.

HOW IT WORKS

Rate each statement from 1 to 5:

- 1 = Not true at all
- 2 = Rarely true
- 3 = Sometimes true
- 4 = Often true
- 5 = Consistently true

1

CAREER

I feel confident in my professional value and contributions.

I am growing, not just maintaining.

I speak up and advocate for myself when needed.

My work aligns with my long-term goals.

I feel energized by what I do most days.

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2

FAMILY & RELATIONSHIPS

I am present when I spend time with people I care about.

My relationships feel supportive, not draining.

I communicate openly and honestly.

I make time for meaningful connection.

I feel appreciated and valued in my relationships.

3

FINANCIAL

I feel in control of my financial situation.

I make intentional financial decisions.

I am planning for my future, not just reacting.

I feel confident in my ability to create financial stability.

Money stress does not dominate my thinking.

4

SPIRITUAL

(Purpose & Inner Alignment)

I feel connected to a deeper sense of purpose.

My choices align with my values.

I take time to reflect and reset.

I trust myself to make the right decisions.

I feel grounded, even during challenges.

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WELLNESS

I prioritize my physical health.

I manage stress in healthy ways.

I give myself time to rest without guilt.

I have consistent energy throughout the day.

I feel mentally and emotionally balanced.



TOTAL

SCORING

Add up your total score.

100–125 → You're Living a BIG Life

You're aligned, intentional, and leading your life with purpose.
The next step is maintaining and expanding your impact.

75–99 → You're on the Edge

You're doing a lot right, but something is off. There are areas of misalignment that, if addressed, could significantly elevate your life.

50–74 → Stuck in the Busy Trap

You're likely overwhelmed, stretched thin, and reacting more than leading. You're doing a lot... but not necessarily moving forward in a meaningful way.

Below 50 → Disconnected and Drained

You may feel stuck, exhausted, or unsure of what needs to change. This is your signal that something deeper needs attention and support.

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REFLECTION

After scoring, ask yourself:

Which area scored the lowest?

Where am I giving the most energy...
and getting the least return?

What have I been putting off
that I know matters?

What would change if I actually
prioritized myself?



If this made you pause, reflect, or recognize
something needs to change... don't ignore it.

Take the next step and explore what it
would look like to intentionally build your
BIG Life inside a supportive, guided
mastermind experience.

Learn More About

BIGLIFE
MASTERMIND



Joan Burge