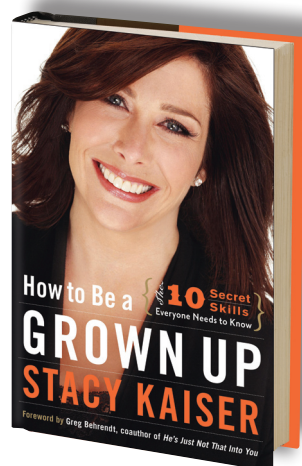


# ARE YOU *REALLY* A GROWN UP?

## Take This Quiz to Find Out!



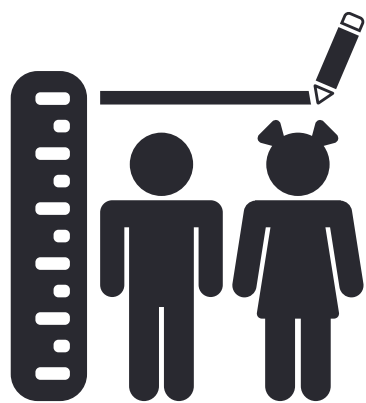
Do you consider yourself a grown up? The questions in this quiz are designed to help you decide where you should concentrate your efforts for growth and change. By considering these questions, you'll be able to pinpoint what is keeping you from satisfaction and fulfillment.

**DIRECTIONS:** Answer each question either TRUE or FALSE. Don't overthink the question; just go with your immediate gut reaction to it.

	True	False
1. Recalling and discussing past relationships is upsetting to me.	0	3
2. I am unaware of the details of my finances—my spouse, parent, or business partner handles that.	0	5
3. I look appealing enough to attract a mate or feel appealing enough to be desirable to my current mate.	4	0
4. I tend to buy what I want now and worry about paying the bill later.	0	4
5. I believe I was meant to do something completely different from what I currently do for a living.	0	3
6. I make time to nurture the relationships I have.	5	0
7. I am usually running behind, but it's no big deal.	0	3
8. I am over the age of twenty-one and completely financially dependent on another person.	0	5
9. I believe I will live with an addiction forever because I don't have the strength or desire to be free of it.	0	5
10. I look ahead, plan, visualize, and set goals for my future.	4	0
11. I can easily list the top ten characteristics and traits that I am looking for or have found in a mate.	3	0
12. I regularly use mood-altering substances or activities to help me relax.	0	5
13. My health has suffered due to addictive substances or behaviors (smoking, alcoholism, obesity, anorexia, drugs).	0	4
14. I would say that I am addicted to my iPhone, the Internet, Facebook, texting, etc.	0	2
15. I am invested in solving my own problems and not relying on other people for help.	4	2
16. I am generally satisfied with my appearance.	5	0
17. I tend to isolate myself when times get tough.	0	3

(MORE)

	True	False
18. When something bothers me about my appearance, I take action to improve it or learn to accept it.	4	0
19. I become easily overwhelmed when I feel that too many demands are being made of me.	0	4
20. I pay attention to eating well and practicing healthy habits on a daily basis.	5	0
21. I personally know at least three couples I consider role models of relationships I'd like to emulate in my own life.	3	2
22. I have recognized and broken many harmful patterns in my life.	5	0
23. I have an emergency financial plan in place if I lose my job.	5	0
24. I excel at caring for others but feel unable to ask for help for myself when I need it.	2	4
25. I prefer to connect with others using technology—phone, computer, IM—rather than face-to-face.	0	2
26. I tend to stay too long in dysfunctional or abusive relationships in my business or personal life.	0	5
27. My job pays the bills but does not fulfill me or give me a sense of accomplishment.	3	4
28. I am able to fairly and calmly address and confront family members and friends on inappropriate behavior and remarks directed to me.	5	0
29. I set and follow through on long-term goals.	5	0
30. I feel I must put up a strong front and refuse to show weakness to others, even my friends.	1	4
31. I rarely feel out of control.	3	1



## SCORING:

### How do you measure up?

Add up your score for each question to come up with a total. The highest possible score is 125—so the closer you are to that number, the closer you are to being a fully loaded grown up!

- **If you scored above 100**, congratulations! You are well on your way to enjoying life as a true grown up. In most areas of your life, things are working well. *How to Be A Grown Up* will help you build on your strong foundation to take grown-up life to its highest possible level.
- **If you score between 80 and 100**, you probably need to take a hard look at at least one part of your life, and learn some new tools to help you function even better—at a higher, more grown-up level!
- **If you score between 60 and 80**, there are multiple areas in your life where you are not yet a fully loaded grown up. There's plenty of work to be done... and a new, better, and entirely different grown-up life ahead for you to look forward to!
- **If you score under 60**, don't worry... No matter what your chronological age, the art of living as a true grown up can be mastered, and Stacy Kaiser is here to help you zero in on your trouble spots and cheer you on as you start the process.

**No matter where you are on your journey to becoming a grown up, *How to Be a Grown Up* will help you get there faster and maximize your chances for happiness and success!**

