**Potentially Life-altering Questions
by Lindsay Kenny,** [**www.ProEFT.com**](http://www.ProEFT.com)

**Please ask and honestly answer these questions of yourself:**

**Measure yourself on each of the following five statements** - on a scale of 1 to 10 with 10 being wonderful or ideal:

1. How healthy are my two primary relationships?

2. How close am I to my ideal weight and ideal health?

3. How comfortable am I with my career, job or financial situation?

4. How happy am I in general?

5. How happy do I deserve to be?

**Answer these questions to the best of your ability.** If you aren't sure, just guess the answer:

6. What goal have I had for awhile but can't seemed to reach?

7. What's missing in my life that would give me great pleasure and peace of mind?

8. What bad habit or behavior would I most like to get rid of (or change?)

9. How true is this for you? I have more than enough time to get everything done

10. How would my life be different if I had most or all of the things I desired?

11. How valuable would it be if I could live my life *by design*, (rather than by default?)

**Answer these last four questions, also *guessing* if you’re not sure of the answer:**

1. What's in the way of me having the things I want or feeling the way I'd like to feel?
2. What's going through my mind right now, even as I think about improving my life?
3. What excuse am I giving myself for why I can't have what I want?
4. What’s it really worth to me to have (and feel I *deserve*) a happy, successful, abundant life?

**Scoring:** Add up your total for the first 5 questions, giving yourself the numerical value you gave each answer. That is, if you answered 10 on all of the first five questions, your score would be 50. If your total score on the first 5 was less than a 42, then it’s likely you could use some help with a tune-up in your life. Go to [www.ICanAttract.com](http://www.ICanAttract.com) to find out how.

On the last 10 questions, ask yourself if you are happy with the results; meaning are you very pleased with your answers? (10) Or are you very disappointed that you had to answer those ways? (0) So-so or in-between would be a 5 average. Add them up separately or collectively.

These are subjective answers, of course. But the bottom line is, if you’re not happy with the way your life is right now, then please invest a few minutes in yourself to explore how we can help you change that. Go back to the newsletter, or better yet, go directly to our new website [www.ICanAttract.com](http://www.ICanAttract.com) and get access now to material that can significantly enhance your health, happiness, joy and peace of mind.