

MOUNTAIN LIFE for the SOUL

SELF-ASSESSMENT

V7.24

Almost everyone longs for something. A partner. A job. A second chance. A joyful experience. We want to **live better** and **be better**. But sometimes life may leave you feeling more challenged than inspired.

If you've read **Mountain Life: A Rocky Mountain Guide to Elevated Living**, you know you don't need to go to the mountains to get energized and inspired. Life is filled with opportunities regardless of your location.

The following points, based on the book, were crafted to remind you what's important in life, and show you where to achieve more balance and accomplishment in your life. Ready to explore a bit?

Instructions: Read each of the 38 statements. To the left of each statement, place a check mark if it is true for you. Add them all and place quantity on the **Total Checked** line on the last page.

This tool is for reflection, not for grading yourself.

Section One – ATTITUDE

- I focus on my levels of determination and persistence when I want to push myself or events forward.
- I practice deliberate gratitude (even in difficult situations), so it's become my *second nature*.
- I know reaching a peak is not a permanent situation, so I focus on appreciating both the journey and the accomplishment for future reference.
- I'm comfortable standing my ground (as in being resolute) when situations warrant it.
- I make and take the time to wander around, explore, and have fun.

Section Two – DISCERNMENT

- I resist impulsive assumptions by consciously staying present, especially when making important decisions (or for situations requiring a discerning eye).
- I get that scarcity exists in many forms, this helps me appreciate both the simple and the significant things in life.
- Actions like keeping my word and doing my best improve my self-confidence and increase certainty/confidence in my decisions.
- I allow myself to think big but stay mindful that small daily actions are just as impactful as taking giant steps.

Section Three - CIRCUMSTANCES

- When life's situations and circumstances become obscured, I seek clarity rather than finding someone or something to blame.
- I seek ways to silence my mind and my environment by making time each day for complete silence and inactivity.

- I know I'm always responsible for dealing with "my stuff" -- my workload, my problems, and my challenges...even if I didn't cause them.
- I'm comfortable with taking risks, but I ensure they are worthwhile (fun, interesting, and/or important) and they're not reckless.

Section Four - CAUSE AND EFFECT

- I make sure my thoughts, words, and deeds are positively intended for the people and things around me.
- I set and enforce strong boundaries for myself to remain strong during stressful and challenging times.
- I take consistent action to achieve the results I'm looking for.
- I recognize my decisions and actions may have a long-term impact on people and the environment.

Section Five - RESPONSIVENESS

- I practice the art of "Responding" (also known as "not reacting"); I don't look for problems, but I want to be mentally prepared for them.
- When I'm up against a bit challenge, I am direct and clear about my intention to succeed.
- When responding to important life situations, I avoid being impulsive or vindictive; I want the best outcome for all concerned.
- I confront life challenges thoughtfully and proactively versus reacting to things.
- If a problem I'm addressing changes, I reassess the situation, explore possible solutions, and recall if I've responded to similar situations.

Section Six - AWARENESS

- I take moments throughout the day to just breathe; taking silent, full breaths so I can be grateful for this life-giving miracle.
- I start my day with recognizing I am blessed to live where I live; this inspires me to do more and to give more.
- Considering what's good in my life is an everyday habit; there is more magnificence around me than things less-than-perfect.
- I actively seek being a lookout (as in playing a supportive role) for someone else and seek/have one for myself. I appreciate giving and receiving this kind of support.
- I develop action plans for the important things in my life; I also create backup steps (ways to respond) in case things go sideways.

Section Seven - PREPARATION

- Stuff happens, so I keep mindful that life problems, challenges, or changes often occur unexpectedly. This helps prepare me to respond proactively versus reacting negatively.
- I look for ways to break my predictable routines by trying new things: like taking a new route to work, reading a different genre of book, or exploring a new city without a map.

- ___ I seek a better response to problems and challenges that occur in my life; I believe problems are not as important as my responses to them.
- ___ I know how to quickly assess my options when confronted by a sudden personal crisis (or *personal storm*), to reduce the chances for overwhelm.
- ___ If I get disoriented by circumstances, I practice remaining calm under stress to help me respond the best I can.

Section Eight - PURPOSE

- ___ I have established boundaries to protect me from people and situations that could be harmful; I am clear about what I will and will not tolerate in my life.
- ___ To avoid the trap of worrying about what others think, I focus on doing what's best and enjoyable for me but not at the expense of others.
- ___ For me, collaboration means one plus one equals three, so I actively seek to share the achievement of goals and enjoy great experiences with others.
- ___ I make the effort to create my own first tracks – especially playful ones: like being the first to the top of the stairs, the first to comment on a Facebook post, or the first to make tracks on a snow-covered sidewalk.
- ___ I intend to be a great example for others to follow; I've established and follow my own set of high personal standards – my code.
- ___ I live strong and deliberately, with the intention of living a long, healthy life in order to long as leave things better than I found them.

___ **TOTAL CHECKED**

SCORING KEY

- 1 - 9 **Take a Hike:** Consider a change in life; but first go for a walk in the wilderness. Nothing gets you thinking about becoming more adventurous than a solitary hike.
- 10 - 19 **Keep practicing:** Try focusing more on some of the core essentials for meaningful change — awareness, gratitude, and helping others.
- 20 - 29 **Mountain Dreaming:** You're close; try consciously raising your awareness level by a small percentage each week!
- 30 - 38 **Mountain Lifer:** You are there or pretty darn close to that idyllic and much-coveted Mountain Life.

*This assessment was derived from the concepts outlined in the book,
Mountain Life: A Rocky Mountain Guide to Elevated Living.*

For more information or to purchase Mountain Life, visit www.JeffPasquale.com.

*While idealistic in nature, these statements are simply actions to aspire to and strive for.
The goal: to attain a happier and healthier lifestyle, and to leave the world a better place than you found it!*