

Rich Habits Test

Instructions: Put the number 1 under your YES or NO response. Total the YES column and the NO column. Subtract the NO column from the YES column to get your score.

		YES	NO
1	I read to learn 20 - 30 minutes almost every day		
2	I exercise 20 - 30 minutes at least 4 days a week		
3	I <i>call</i> people I care about on their birthday		
4	I eat less than 300 junk food calories each day		
5	I acknowledge life events of those I care about		
6	Every day I am pursuing my own dreams and the goals that will make those dreams come true		
7	I maintain a daily to-do list (daily goals) and a daily to-don't list (things I should not be doing)		
8	I have created a detailed vision of my ideal future life		
9	I am developing and perfecting my skills every day so that I can be more valuable and eventually make more money		
10	I am working to create multiple sources of income		
11	I express gratitude every day		
12	I strive every day to be positive, upbeat and optimistic about life		
13	I avoid listening to or engaging in gossip		
14	I encourage others to excel and to pursue their dreams and goals		
15	I have a success mentor who is helping me become more successful in life		
16	I mentor others to succeed		
17	I am 100% certain I will be successful		
18	I don't let my fears hold me back in life		

19	I am willing to take risks in pursuit of my dreams and goals		
20	I meditate almost every day		
21	I read or listen to inspirational and uplifting books, articles or podcasts almost every day		
22	I listen to audiobooks, podcasts or TEDx videos while commuting to work		
23	I watch less than one hour of TV most days		
24	I spend less than one hour a day recreationally on the Internet		
25	I read biographies of successful people		
26	I try to exceed expectations others have in me		
27	I devote ten hours or more a week to my family		
28	I volunteer five or more hours a month		
29	I try to eat and drink (alcohol) in moderation		
30	I eat good, nutritious food almost every day		
31	I try to associate primarily with optimistic, success-minded people		
32	I try to avoid associating with negative, toxic people		
33	I save 10 - 20% of my annual income		
34	I control how I spend my money. I do not spend money frivolously or spontaneously		
35	I try to learn something new every day		
36	I am in control of my emotions, especially anger, sadness and envy		
37	I control the words that come out of my mouth. I do not allow myself to say whatever is on my mind		
38	I do not allow others to treat me poorly or with disrespect		
39	I keep my word		

40	I never criticise, condemn or complain		
41	I never quit on my dreams or goals		
42	I return all phone calls of those who are important to me		
43	I gather detailed information about the lives of those who are important to me		
44	I show love to those who are important to me		
45	I have good etiquette skills		
46	I listen more than I talk		
47	I do not do drugs or I do drugs very infrequently		
48	I never repeat a mistake		
49	I never expect handouts from anyone		
50	I accept 100% responsibility for my financial and life circumstances.		
Total		-	-
SCORE		-	

SCORING:

31 - 50: You are on a path of incredible success and you will be extremely wealthy

21 - 30: You are on the path to success and chances are good that you will become wealthy

10 - 20: You are on the path to an upper middleclass lifestyle

0 - 9: You are on the path to a middle-class lifestyle

Negative 1 to Negative 10: You are on a path of financial struggle

Negative 11 to Negative 50: You are on the path of poverty