



Project Monkey Mind

Evaluate Your Well Being

Spend some time asking yourself the following questions to evaluate your overall well being.

1. Have you distanced yourself from cynical people and embraced like-minded individuals?
2. Do you feel like you are connecting with others in new ways?
3. Have you found a way to synthesize daily events?
4. How well have you kept up with technology recently?
5. How do you feel about the unknown?
6. Do you feel that your gut decisions are wise or impractical?
7. How often do you spend time learning?
8. Do you feel the need to improve those around you?
9. Does your life seem less cluttered or hectic than it did previously?
10. Do you attract or push?
11. Would you describe yourself as shameless?
12. How often do you feel inner peace and how could this improve?
13. Are you verbalizing your needs?
14. How do you feel about the word, "inauthentic?"
15. In what ways do you get what you want?
16. Do you feel that creativity is part of your life?
17. How often do you spend time in nature?
18. How do you feel about living ecologically?
19. While evolving, how are you taking better care of yourself?
20. Do your reserves allow you to give generously?
21. How do you feel about time being irrelevant?