

# 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. Be brutally honest. The purpose of this test is to help you identify your weaknesses

		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 <b>call</b> 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 manage the expectations others have in me and then exceed those expectations		
27	I devote ten hours or more a week to my family		
28	I volunteer or network 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 always keep my word		
40	I try every day to 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 make an effort to 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

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## 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