

Rich Habits Test For Parents

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 any weaknesses which may hold your children back from living a successful life

		YES	NO (OR I DON'T KNOW)
1	My children are required to read to learn (outside of school) 20 - 30 minutes almost every day		
2	My children are required to exercise 20 - 30 minutes at least 4 days a week		
3	My children are required to make happy birthday calls to family, friends, teachers and others who mentor them		
4	My children are not permitted to eat more than 300 junk food calories each day		
5	My children are required to acknowledge life events of their family, friends, teachers and others who mentor them		
6	My children are required to set and pursue goals		
7	My children were required to create a detailed vision of their ideal future life		
8	I make sure my children get between sleep 8 - 9 hours of sleep each day		
9	My children are encouraged to express gratitude every day for what they have		
10	My children are taught to be positive, upbeat and optimistic		
11	My children are discouraged from listening to or engaging in gossip		
12	I try to surround my children with individuals who are good role models		
13	My children are 100% confident that they will be successful in life		
14	My children are not allowed to let their fears stop them from pursuing new things in life		
15	My children are required to read or listen to inspirational and uplifting books almost every day		
16	My children are not allowed to watch more than one hour of TV most days		
17	My children are not allowed to spend more than one hour a day recreationally on the Internet		
18	My children are not allowed to spend more than one hour a day on their electronic devices (cell phones, computers, video games)		
19	My children are required to read biographies of successful people		
20	My children are required to volunteer or participate in clubs/groups five or more hours a month		
21	I do not allow my children to eat fast food more than once a week		
22	My children are required to eat good, nutritious food almost every day		
23	My children are encouraged to surround themselves with optimistic, upbeat, positive friends		
24	My children are discouraged from associating with negative, toxic friends		

25	My children are required to save 30% - 50% of any money they receive from chores, work and gifts		
26	My children are not allowed to spend their money recklessly		
27	My children are encouraged to learn something new every day		
28	My children are punished for negative emotional outbursts, especially anger		
29	My children are taught to control the words that come out of their mouths. They are discouraged from saying whatever is on their mind		
30	I teach my children to not allow anyone to treat them poorly or with disrespect		
31	My children are are taught to always keep their word		
32	My children are taught to never criticise, condemn or complain		
33	My children are discouraged from quitting		
34	My children are taught to gather detailed information about the lives of their friends, teachers and others who mentor them		
35	My children have good etiquette skills		
36	My children are taught to listen more than they talk		
37	My children are not permitted to do drugs or associate with anyone who does		
38	My children are taught to avoid repeating mistakes		
39	My children are taught to never expect handouts from anyone		
40	My children are taught that taking individual responsibility is a critical to success		
Total		-	-
SCORE		-	

SCORING:

31 - 40: You children are on a path of incredible success and they will likely be extremely wealthy

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

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

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

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

Negative 11 to Negative 40: You children are on the path of poverty