



Fulfillment Assessment FAQ

Why take The Perfect10 Instant Fulfillment Assessment?

The purpose of this assessment is to give you a quick snapshot of the areas in your life that you feel are going well and others that may need to be explored to bring you closer to a more fulfilling life. We break this down into the Four Pillars of Fulfillment to help you calculate your total score. Feel free to be as general or specific as possible as you score each pillar of fulfillment (IE provide individual scores for Mental Health, Physical Health, and Spiritual Health, or just give one average score for the Pillar of Health & Wellness). Use this assessment as a starting point in your journey and as continuous practice to keep you on your path to a Perfect10 fulfilled life.

How do I complete the assessment?

Complete each Pillar of Fulfillment by giving a score from 1-10, with a score of 1 being “It can’t possibly get any worse” to a score of 10 as “It can’t possibly get any better”. Be as honest with yourself as possible as you go through each pillar to give you the most honest and raw results. Typically, the first number you think of is the most honest answer. For pillar categories that have subcategories (IE Physical Health in the Health and Wellness Pillar), give yourself a score for each subcategory and then get an average score by dividing each number by the amount of subcategories you scored in that pillar. Once you have an average score of each of the 4 main pillars, add each number and divide the total by 4 to get your Perfect10 Fulfillment score.

How often should I take the Perfect10 Fulfillment Assessment?

Although we recommend taking the assessment at least once a month, the amount of times you decide to reassess your Fulfillment score, whether monthly, weekly, or daily, is completely up to you. Remember, the goal here is to help you determine where you are in life and guide you to what can be explored to get to a Perfect10 score.

What should I do with my results?

Let’s start with what you *shouldn’t* do. No matter what your scores are, under no circumstances should you feel discouraged or judge yourself on where you’re currently at in your fulfillment journey. This assessment simply provides an opportunity to reflect on where you currently are in your journey and provide direction on what may be missing to live your best life.

Ready to level up your life? Visit all of Perfect10’s resources to help you along in your journey to achieving the life you’ve always dreamed of.

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Fulfillment Assessment 1.0

DATE: _____

Health & Wellness Fulfillment Score: _____

- Physical Health Score: _____
- Mental Health Score: _____
- Spiritual Health Score: _____

Relationship Fulfillment Score: _____

- Relationship With Friends: _____
- Relationship With Family: _____
- Relationship with Kids: _____
- Relationship with Significant Other: _____

Personal Growth Score: _____

- Purpose score: _____
- Service score: _____
- Learning Score: _____

Financial Freedom Fulfillment Score: _____

- Debt Score: _____
- Assets Score: _____
- Charity Score: _____

Perfect10 Fulfillment Assessment Score: _____