



Me, Myself & Inc.

QUIK QUIZ: The reason you may be frustrated in your work or your life is because you are not fully embracing the three aspects of you and all that you can be. Take this Quik Quiz to gain insight, inspiration, and the ability to identify ways you can bring those missing aspects of you into being.

Check the statements below, which apply to you, then reference the key on the next page:

- 1. I enjoy regular and meaningful interaction with family members.
- 2. I enjoy regular and meaningful interaction with friends.
- 3. I enjoy meaningful and intimate interaction with a spouse or significant other.
- 4. I enjoy and explore the community in which I live and work with my friends, family, spouse or significant other.
- 5. I make it a priority to allocate time for myself on a regular basis so I can recharge, refocus and relax.
- 6. I have hobbies or things I like to do just for me and my own self expression, self development and fulfillment.
- 7. I believe that taking care of me is a priority and therefore I regularly exercise and eat right to nourish my mind, spirit and being.
- 8. I enjoy and regularly learn new things and explore new ideas or places alone and with others as a way of continually bringing more to my life and my work.
- 9. I look forward to going to work each day and cannot wait to see what the day brings in both challenges and opportunities.
- 10. I believe that I am doing exactly what I was meant to do as a profession and get great satisfaction from the work that I do.
- 11. I gain great satisfaction and inspiration from the people I work with and do business with who reinforce that the work I do makes a difference.
- 12. I have developed friendships through work that are meaningful and valued, but also have a network of friends outside of work that is stimulating and important in my life.

Which aspect of you is not being fulfilled?

ME – The friends, family and community YOU

If you checked 1, 2, 3 and 4 you have embraced and are enjoying this aspect of you.

If any one of these were not checked, this is where you are not being fulfilled and could be part of your frustration. Take a look at what you did check to see how you can potentially create opportunities for bringing the ones not checked into reality. If you did not check any in this area, it is time to reconnect with this aspect of you by reaching out to family, friends, and your community to stimulate regular and meaningful interaction and participation in your life.

MYSELF – The individual YOU

If you checked 5, 6, 7, and 8 you have embraced and are enjoying this aspect of you.

If any one of these were not checked, then you are allowing everything else in your work and your life to be more important than taking care of you. The irony is that by taking care and nurturing you, you are in a better place and space to enjoy others, contribute and interact in more meaningful ways with others and in your work. So whatever you did not check, make it your priority to bring the individual , authentic you back into your life.

INC. – The business or professional YOU

If you checked 9, 10, 11, and 12 you have embraced and are enjoying this aspect of you.

If any one of these were not checked, then you are allowing yourself to be in a place or space that is not gratifying or fulfilling you in the work that you do. Take a look at what you did not check and consider why. Then make a list of things you can do, small things, which can shift you to more fulfilling and meaningful work.

Which of the three aspects of you is most missing right now? Is it the Me? Is it the Myself? Is it the Inc.?
Bringing all three into being is what truly helps you soar in business and in life. Now that you have taken the Me, Myself & Inc. Quik Quiz, you may also want to take the Work/Life Synergy Quik Quiz. Go to www.memyselfandinc.com home page and click on the link in the right column to download and print.

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