

THE 216-POINT WHOLELIFE EVOLUTION® DIAGNOSTIC

1. The WLE Diagnostic questionnaire has been developed to yield a subjective profile of your functional health and well-being. It quantifies factors such as happiness, life purpose, personal drive, health (physical, mental & emotional,) life balance and self-reliance.
2. Be patient and truly think about each question as it applies to your life IN THIS MOMENT. Avoid allowing your ego to project you as something different than what you are right now. Being honest and aware is imperative to this process. Remember, how you do anything is how you do everything.
3. Apply a number (1, 2, 3, 4 or 5) to each of the statements in the survey. Placing a (1) in front of a statement means the statement is completely false for you right now. Placing a (5) means the statement is completely true for you right now.
4. Complete all seven sections before adding your scores.
5. Scoring instructions and interpretations can be found on page 14 of the survey.

SUCCESS AND LEADERSHIP

___ I am successful in every part of my life.

___ I am a leader.

___ I always make good decisions, regardless of the situation.

___ My decisions are always purpose-based.

___ My work is purposeful to me.

___ I regularly take healthy risks.

___ I am 100% authentic in all situations, and never play chameleon.

___ I am always open to new opportunities.

___ I am always aware of and utilize my 'gut instinct,' or intuition.

___ I tend to be more objective than emotional.

___ I always surround myself with great people.

___ I actively and consistently seek new knowledge, both formal and informal.

___ I read both fiction and nonfiction books.

___ I never read magazines, comics and/or entertainment articles.

___ I never watch television or movies.

___ I use the internet for business, video conferencing and research only.

- ____ I utilize an active daily TO DO list.
- ____ I set weekly, monthly & yearly goals for myself, and actively review them at least 5 times daily.
- ____ I manage every moment of my life effectively and efficiently.
- ____ I am always calm & confident when dealing with confrontation.
- ____ I am an excellent negotiator.
- ____ I always lead by example.
- ____ I actively seek ways to empower others.
- ____ I always do my best, no matter the situation, and especially when no one is watching.
- ____ I am a very hard worker.
- ____ I seek to motivate & inspire others, and never actively nor passively knock them down.
- ____ I never procrastinate.
- ____ I am very happy with and grateful for everything in my life, and never seek The Next Big Thing waiting around the corner (cars, phones, TV's, significant others, etc.)
- ____ I always ask for 100% of what I want.
- ____ People respect me and the things I say.
- ____ People actively seek my advice on important matters.
- ____ People are never afraid of me.
- ____ I respect the opinions of others, and never get emotional when people share those opinions.
- ____ I am patient with all people in all situations.
- ____ I always present myself as someone with whom people would want to do business.
- ____ I never compare myself to others.
- ____ I never escape into entertainment (television, shopping, video games, internet, etc.)
- ____ I always actively listen before I talk.
- ____ When introduced to a confrontation, I always and immediately begin the process of working through the issues at hand, and never get stuck in the emotion associated with those issues.

____ TOTAL FOR THE SUCCESS AND LEADERSHIP SECTION

FINANCE

- To me, money represents happiness, abundance and proper balance in life.
- I grew up thinking that money represented hard work, ingenuity and purpose.
- I understand that money has no emotion.
- I understand that wealth is directly proportional to the effort and time I put into accumulating it.
- I never play the lottery or gamble.
- My parents taught me about wealth accumulation.
- I know exactly how much I gross & net each month.
- I know exactly what my expenses are each month (utilities, rent/mort, phone, car, ins., entertainment, etc.)
- I keep an active monthly budget.
- I am INTERNALLY MOTIVATED when I see others living with excess money, taking vacations, buying expensive things, living in exclusive neighborhoods, etc.
- I have at least 6 months of liquid assets saved for an emergency.
- I invest at least 10% of my monthly income for retirement (enter '1' if currently not working.)
- I never spend money spontaneously or frivolously.
- I/My family never spend more money than I/my family make monthly/annually.
- I am making exactly the amount of money that I desire monthly.
- I only shop for things I need.
- I make all my food at home, and eat out only for special occasions (date night, celebrations, etc.)
- I have an ultimate 'end figure' in mind. (This is the amount you aspire to achieving in savings and investments by the end of your formal working career. This figure will focus your intention. Once set, you can begin to focus on the process to get you there. And when you get there, you can revise your goals and move forward yet again. If you don't have this figure in mind, you're literally gambling with your financial future and your family's stability.)
- I know that I will always have enough money, as long as I work diligently and intelligently.
- I know that I am entitled only to the money and items that I've helped to create.
- All my financial documents are organized and in one spot for easy access and reference.

_____ I have a deep desire to become and remain financially healthy and abundant.

_____ I am doing everything in my power to become financially healthy and abundant.

_____ TOTAL FOR THE FINANCE SECTION

(Continue on to the Next Page.)

CODES OF LIFE

____ I have a written Code of Conduct that clearly defines how I act/react to people, emotions & situations in my life.

____ I am 100% honest with everyone all the time. I never tell little white lies.

____ I am surrounded only by people of good character.

____ I am always ethical.

____ My word is like gold because I always keep every agreement that I make.

____ I never make excuses, period.

____ I never hold onto resentment, anger, guilt or shame for things that have happened to me, or for things I've done.

____ The people closest to me would definitely say that I have uncompromised integrity.

____ I never feel misunderstood.

____ I never feel like an outcast, or like I don't belong.

____ Making, and keeping, friends is easy for me.

____ If I was on my deathbed this coming weekend, I would be completely satisfied with how I've treated everyone within the last 6 months.

____ My initial instinct is to trust people.

____ I fully understand that life is sometimes murky, and never polarize my beliefs by labeling them as good or bad, black or white, right or wrong, moral or amoral?

____ I take responsibility for all my thoughts, words and actions, and never blame or complain when things don't go my way.

____ I understand that everything in my life is created BY ME, and I never let things happen TO ME.

____ I am completely balanced in my life.

____ I fully understand and practice the Cycle of Give and Take.

____ I never let people walk all over me.

____ I inwardly and outwardly respect myself at all times.

____ In my life, I am currently NOT doing anything that I might regret in the future.

____ I always treat people patiently, and I'm never curt or short with anyone.

_____ I always have a half-smile when walking in public. I walk with my head up, and I am never too busy to acknowledge anyone.

_____ When I look in the mirror, I see a bright, self-aware and happy face gazing back at me.

_____ At least 5 times each day, I take a few moments to refocus my intention on the Codes that I have chosen for my life.

_____ TOTAL FOR THE CODES OF LIFE SECTION

(Continue on to the Next Page.)

LOVE AND RELATIONSHIPS

____ I actively and consistently build value within myself by becoming increasingly self-aware, and by learning new techniques that help me to communicate better with everyone around me.

____ I talk with at least 5 NEW people each day.

____ I never let people take advantage of me.

____ All of my relationships are mutually beneficial, fruitful and meaningful.

____ I never make relationship decisions using my ego.

____ I never force others to prove his or her worth to me.

____ I always ACT with calm self-assurance, and never react to people or situations.

____ I never seek the approval of others, nor do I fish for compliments.

____ I have never been accused of manipulating others.

____ I never allow others to manipulate me.

____ I have a healthy independence in all of my relationships.

____ I am completely self-reliant.

____ I never hold grudges.

____ I often share stories with everyone around me.

____ I love myself completely.

____ When meeting new people, and while talking to friends and family, I ask relevant and meaningful questions.

____ I am never condescending to anyone at any time.

____ I always show affection at the appropriate time, and never withhold love for any reason.

____ I actively spend time each week cultivating good relationships.

____ I attract only positive people and situations into my life.

____ I never attempt to control people and/or events.

____ I never blame parents, friends, siblings or past relationships for my emotions, or for where I am in life.

_____When confronted with an issue, I always act with calm self-assurance, and am never quick to fly off the handle, or assume the worst.

_____I communicate well in all situations.

_____I treat my friends, family and strangers with equal respect.

_____I respect the thoughts and feelings of my family members.

_____Regardless of whether I live alone or with others, I have a working list of weekly responsibilities that is always completed.

_____There is a healthy balance of decision-making in my closest relationships.

_____I feel at ease and comfortable with letting people see every side of me.

_____I have no expectations with regard to how any relationship or situation 'should' go. I always do my best and detach from outcome.

_____I am completely satisfied in my current relationship. If single, I am completely satisfied being single.

_____TOTAL FOR THE LOVE AND RELATIONSHIPS SECTION

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MINDFULNESS

- ____ I love my mind and the things I create within it.
- ____ I have a creative outlet that I use daily.
- ____ I awaken with focused enthusiasm and maintain it throughout the day.
- ____ I am proud of myself.
- ____ I am in persistent I the pursuit of my dreams.
- ____ I never have feelings of uncertainty, anxiety or dread.
- ____ I never have the sensation of a 'pit' in my stomach.
- ____ I never grind my teeth.
- ____ I live in expectation of miracles, and never fear anything.
- ____ People around me would never call me moody.
- ____ I never daydream.
- ____ I have never suffered from depression.
- ____ I have a balanced, healthy self-esteem.
- ____ I have a healthy and vibrant sense of humor.
- ____ I am able to laugh at my own faults.
- ____ I am never sarcastic.
- ____ I fully understand that semantics are a direct window to my soul, and never use curse words or negative words like 'hate.'
- ____ I never make fun of or laugh at another person's appearance, speech, thoughts or ideas.
- ____ When I'm going through difficult times, I always treat people with respect and kindness.
- ____ When listening to a story, I tend to crystallize lessons from the story, and never judge those in the story.
- ____ I am completely objectively-based, and never fly from emotion to emotion.
- ____ I never gossip.
- ____ I am always crystal clear, and am never confused, anxious or stressed.

____ I always avoid making excuses that might justify the continuation of my addictions and compulsions.

____ I am completely focused on the present, and never look to the past, backing my way into the future.

____ I take complete responsibility for my life, and never play the role of victim.

____ I allow only enthusiastic and happy emotions in my life.

____ I never escape from emotionally taxing situations. I work through them immediately.

____ I focus only on the positive parts of my life.

____ I completely and successfully avoid reacting to the emotions of others.

____ I accept everyone, and judge no one.

____ When blindsided by unforeseeable negative events, I always act with calm self-assurance, and never react in a less than desirable way.

____ I am always able to squelch irrational or inconsiderate behavior because I take into account those I might directly or indirectly affect by such behavior.

____ I am completely internally driven, and never by envy or jealousy.

____ I am in complete control of my emotions, and am never swayed to do anything that doesn't follow my well-thought-out ideals.

____ I accept and quickly move past my own moments of personally undesirable behavior, and never rationalize or justify them. I fully understand that they are moments of weakness, and nothing else.

____ I never play movies from my past in your mind's eye. I am in complete control of my thoughts at all times.

____ I am always taking in deep, fresh breaths, and never catch myself not breathing.

____ I actively create my day through focused meditation every morning.

____ I am unwaveringly happy with my entire life.

____ TOTAL FOR THE MINDFULNESS SECTION

(Continue on to the Next Page.)

PHYSICAL WELLNESS

- I have never suffered from headaches.
- I have never suffered from chronic fatigue syndrome.
- I have never suffered from fibromyalgia.
- I have never suffered from neck and shoulder pain of any type.
- I have never suffered from mid back pain of any type.
- I have never suffered from low back pain of any type.
- I have never suffered from an autoimmune disease.
- I have never suffered from sciatica.
- I have never suffered from carpal tunnel syndrome/symptoms.
- I have never been medically diagnosed with cancer of any type.
- I have never been medically diagnosed with any type of genetically-related disease.
- I have never been medically diagnosed with any type of mental or emotional disorder.
- My family has no history of mental or emotional disorders.
- My family has no history of cancer.
- My family has no history of any type of genetically-related disorder.
- I have NOT gained or lost a significant amount of weight in the last six months.
- I take in a minimum of (12) 8 ounce glasses of water every day.
- I exercise my heart, lungs and muscles for at least an hour every day.
- I practice flexibility exercises at least 3x/day.
- I am outside for at least 2 hours every day.
- I am actively involved in competitive sports at least once each week.
- I practice breathing exercises at least 3 times every day.
- I do not smoke or take any type of unprescribed medications.
- I am in excellent physical shape, and am not overweight.
- I only eat to live, and never live to eat.

- _____ Food is not, and has never been, an addiction for me.
- _____ I have no food allergies that I know of.
- _____ I have no eating disorders.
- _____ My skin is perfectly clear, and do not suffer from blemishes of any type.
- _____ I am always enthusiastic, and do not suffer from bouts of low energy
- _____ I do not eat or drink foods with salt, nor do I add salt to any foods.
- _____ I do not eat or drink foods with sugar, nor do I add sugar to any foods.
- _____ I never use condiments.
- _____ I do not take in caffeine.
- _____ I do not drink soda.
- _____ I do not eat prepackaged, processed or refined foods of any type. (Flour, sugar, milk, etc.)
- _____ I completely love my body, and the way it looks.
- _____ I keep myself well-groomed at all times.
- _____ I have a balanced nutritional lifestyle, and never diet.
- _____ I am completely committed to being physically healthy.
- _____ I am committed to exercising for at least 1.5 hours daily.
- _____ I am doing everything in my power to build and maintain my physical health.
- _____ I am radiantly healthy.
- _____ TOTAL FOR THE PHYSICAL WELLNESS SECTION

(Continue on to the Next Page.)

SPIRITUALITY

____ I actively work to be of functional service to my fellow man through community service and business.

____ I am a spiritual person, and recalibrate my connection to Source many times each day.

____ My knowledge of Spirit comes from my own research and experience.

____ I utilize Quantum Mechanics daily to cultivate an internal culture of creation and success.

____ I am always 'connected' to Source Power.

____ I direct my earthly life, and never leave it up to anyone or anything other than myself.

____ I adapt well to change.

____ I understand that intuition is my soul talking to me, and I am always aware of my intuition.

____ I am in a constant state of joy and peace.

____ My life is purpose-driven and meaningful.

____ I am never complacent.

____ I never judge anyone.

____ My night time dreams are vividly clear.

____ I ask Source Power each night before sleeping to point me toward answers and connections that will help me with specific challenges in my life.

____ I have a deep, unwavering sense that I'm doing very well.

____ TOTAL FOR THE SPIRITUALITY SECTION

(Continue on to the Next Page.)

SCORING INSTRUCTIONS AND INTERPRETATIONS

Scoring Instructions:

1. Add the scores in each of the seven sections individually, and place the TOTAL in the space provided at the end of that section.
2. Add the seven TOTALS, and place the FINAL NUMBER here: _____

Scoring Interpretation:

*There is always overlap between scoring groups. You may, indeed, have all the traits of the higher scoring individual, but scored lower. This is typically due to a lack of consistency between goals, thoughts and actions. An increase in score will be reflected when you choose to consistently apply enthusiasm and focus to your goals, and when you decide to completely remove all obstacles that are guarding you from success.

*Be sure to retake the WLE Diagnostic every three months to monitor your progress, and to keep your intention in the forefront of your consciousness.

SCORE INTERPRETATION

| | |
|------------|--|
| 950 - 1080 | You have a deep level of appreciation for everything and everyone. You live with unconditional love and understand that life is a series of lessons that you gladly take head-on. Your big-picture view of life, creativity and self-awareness inspires and motivates others. Your sense of purpose, successful ego management, and serious work ethic are very attractive to positive people in business and your personal life. Your carefully crafted self-reliance has led you to real happiness, confidence and a truly healthy self-esteem. Your balance is a practical example for other to follow. |
| 775 - 949 | You are certainly on the right path, but it's time for a little fine-tuning. You have learned to successfully manage your ego most of the time. Challenge yourself to understand why it still creates bouts of inconsistency and imbalance in your life. You have most of the traits above, but still feel stuck or frustrated at times. Your health is decent, but could be better. There might also be some emotional wounds that need attention. They are the sticky points that hold you back. Commit to uncovering them by diving a little deeper within yourself with consistent focused intention. And then follow through with the reconciliation of those wounds by any means necessary. You have tendencies toward self-reliance, but haven't made the commitment to learning what it takes to be completely self-sufficient. You have a slight need for attention and/or affection that must be eliminated. Work more diligently at staying focused throughout your day. Awaken earlier, and get outside. Cultivate more enthusiasm in every part of your life, and add that enthusiasm to your written goals and declarations. You have overcome a lot in your life. Look back for a moment and appreciate that, then turn around and keep moving forward. |
| 625 - 774 | You certainly have glimpses of glory in your life, but fear and complacency are still holding you back from manifesting in every part of it. The bottom line is this: If you desire to make the long-term transition to living a purpose-driven life, you must make a massive commitment to doing so. You are intelligent, but haven't utilized your |

intelligence to create your One True Life. Your life is imbalanced because you go from knowing what you want to being knocked down by your ego, or by negative relationships. You really do want love and good relationships, but you seek more to “protect” yourself by keeping people at a distance. You might gossip too much, escape into entertainment too often, and might live on the cusp either being wildly successful or being an addict. You have all the necessary tools for a completely wonderful life. That life is waiting for you whenever it is that you choose to rise up, to become. And once you decide to do so, work toward opening yourself up to everything around you. Learn to trust people. Work toward being more outgoing. Learn to consciously appreciate every little thing with all five senses. Get out of your head by asking more questions. Find a creative outlet. Take care of your body. Work toward minimizing the time you spend reviewing past events in your mind’s eye. And, most important, start working on becoming consistent and enthusiastic with everything in your life.

500 - 624

Your thoughts and actions are completely incongruent. You know yourself to be a good person, yet you do things you know are hurtful to yourself and to those around you. Self-sabotage is your subconscious modus operandi. You may not be suffering from a diagnosed disease, but your long-term health is not well due to over-emoting, lack of personal growth and a staunch refusal to adapt to your environment. Your compulsions and addictions are keeping you down. Your ego is prolific, and you’re quite judgmental of those around you. Relationships are either codependent or fleeting because of the walls you put up (not to mention, you’re difficult to be with!) This might seem impossible right now, but TRY to see the good in people. TRY to trust others. Smile more; it changes your body’s chemistry by releasing endorphins-your body’s happy chemicals! You MUST make a deep and meaningful change in your life if you truly desire to become successful and purposeful. Taking responsibility for your every thought and every action is just what the doctor ordered. It’s time to grow up.

Below 500

The one thing you have going for you is your honesty! And good job with that! Now let’s get moving. Your first order of business is to make a decision. Are you fundamentally happy where you are? If your answer is an absolute “No!,” it’s time to start becoming everything you’re meant to be. And it’s time to figure out a way to release everything that is keeping you down. Determine EXACTLY how you want your life to look, and NOT how you DON’T want it to look. It’s time for a massive shift in your routine, and in the way you look at the world around you.

1. You can learn more about the **WholeLife Evolution® System** at:

http://marksvetcos.com/WholeLife_Evo_Mentoring.html

2. Don’t forget to become part of **The Responsibility Movement®** at:

http://marksvetcos.com/Responsibility_Movement.html

3. If your company or group is seeking an engaging professional speaker to provide inspiration, motivation and education in a story-based format, please call Dr. Svetcos today to see how he can be of service.

Dr. Mark Svetcos

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