Nick Arnett

resilience routines for warriors, wimps, and everyone in between

stress into strength

A PDF COMPANION TO THE AUDIOBOOK
### THE THREE DIMENSIONS OF STRESS

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THE PURPOSE IN LIFE TEST

Score each question from 1 to 5 based on the part of the statement that is most true for you right now.

1. I am usually: bored (1); enthusiastic (5).
2. Life seems to me: completely routine (1); always exciting (5).
3. In life I have: no goals or aims (1); clear goals and aims (5).
4. My personal existence is: utterly meaningless, without purpose (1); purposeful and meaningful (5).
5. Every day is: exactly the same (1); constantly new and different (5).
6. If I could choose, I would: prefer to never have been born (1); want nine more lives just like this one (5).
7. After retiring, I would: loaf completely the rest of my life (1); do some of the exciting things I’ve always wanted to (5).
8. In achieving life goals I have: made no progress whatever (1); progressed to complete fulfillment (5).
9. My life is: empty, filled only with despair (1); running over with exciting things (5).
10. If I should die today, I’d feel that my life has been: completely worthless (1); very worthwhile (5).
11. In thinking of my life, I: often wonder why I exist (1); always see reasons for being here (5).
12. As I view the world in relation to my life, the world: completely confuses me (1); fits meaningfully with my life (5).
13. I am a: very irresponsible person (1); very responsible person (5).
14. Concerning freedom to choose, I believe humans are: completely bound by limitations of heredity and environment (1); totally free to make all life choices (5).
15. With regard to death, I am: unprepared and frightened (1); prepared and unafraid (5).
16. Regarding suicide, I have: thought of it seriously as a way out (1); never given it a second thought (5).
17. I regard my ability to find a purpose or mission in life as: practically none (1); very great (5).
18. My life is: out of my hands and controlled by external factors (1); in my hands and I’m in control of it (5).
19. Facing my daily tasks is: a painful and boring experience (1); a source of pleasure and satisfaction (5).
20. I have discovered: no mission or purpose in life (1); a satisfying life purpose (5).

Scoring: Add up all the scores for each item (20–100). A score of less than 50 may indicate that you are experiencing significant “existential concerns” in your life.

WHAT ARE YOUR CORE VALUES?

This list can get you started if you’ve never explored your personal values.

Acceptance                 Compassion
Accountability             Competence
Achievement                Competition
Action                     Completion
Advancement                Connectedness
Adventure                  Consistency
Affection                  Cooperation
Altruism                   Country
Arts                       Courage
Authenticity               Creativity
Awareness                  Decisiveness
Balance                    Democracy
Beauty                     Dependability
Boldness                   Design
Calmness                   Discovery
Challenge                  Diversity
Change                     Economic Security
Collaboration              Education
Community                  Effectiveness
Efficiency    Independence
Elegance      Individuality
Empathy       Influencing Others
Enlightenment Inner Harmony
Entertainment Innovation
Enthusiasm    Inspiration
Environmental Integrity
Equality      Intelligence
Ethics        Intuition
Excellence    Involvement
Excitement   Kindness
Exhilaration  Knowledge
Experiment   Leadership
Expertise    Learning
Fairness      Loyalty
Faith         Magnificence
Fame          Making a Difference
Family       Mastery
Fast Pace    Meaningful Work
Freedom      Ministering
Friendship   Modesty
Frugality    Money
Fun           Morality
Grace        Mystery
Growth       Nature
Happiness    Open-Mindedness
Harmony      Order
Health       Originality
Helping Others Passion
Helping Society Peace
Honesty      Personal Development
Humility     Personal Expression
Humor        Planning
Imagination  Play
Improvement  Pleasure
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