

Life Intelligence Test (LQ Test)

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Answer the following questions as honestly as you can in order to have an accurate measure of your current understanding about yourself and the world. Please circle “Yes” or “No” for each question. If you are not sure about your answer, choose the answer you feel most inclined towards. If you answer “Yes” you need to be able to elaborate or provide examples.

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| 1. Do you have a philosophy of how we ought to live? | Yes | No |
| 2. Do you have a set of core values to live by? | Yes | No |
| 3. Do you have a clear sense of self-identity and your place in the world? | Yes | No |
| 4. Do you have a clear sense of direction in your life? | Yes | No |
| 5. Do you know how to bounce back from setbacks? | Yes | No |
| 6. Are you aware of the constraints or limitations of being human? | Yes | No |
| 7. Do you know how to reflect on your own life experiences in order to gain valuable insight or wisdom? | Yes | No |
| 8. Do you have the wisdom to avoid unnecessary heartaches or troubles? | Yes | No |
| 9. Do you know how to make the most of your situation in spite of the limitations and difficulties? | Yes | No |
| 10. Are you prepared for the fact that life can be very unfair and cruel? | Yes | No |
| 11. Do you have a set of beliefs and worldviews about the world and other people? | Yes | No |
| 12. Do you know how to make good decisions in complex and uncertain situations? | Yes | No |
| 13. Do you know your role and mission in the world? | Yes | No |
| 14. Do you know how to do what is right by balancing between competing interests and demands? | Yes | No |
| 15. Do you know how to look at the same issue from different perspectives? | Yes | No |
| 16. Do you know how to live with the paradoxes and insolvable problems of life? | Yes | No |
| 17. Do you feel comfortable with new ideas and new experiences? | Yes | No |
| 18. Are you able to identify and correct self-defeating illusions? | Yes | No |
| 19. Do you see yourself consistently as a worthwhile person regardless of the circumstances? | Yes | No |
| 20. Are you willing to revise your self-concept in view of new experiences? | Yes | No |
| 21. Do you have the courage to be yourself? | Yes | No |
| 22. Are you a pretty good judge of character, knowing who is your friend and who is your foe? | Yes | No |
| 23. Do you usually know when to hang on and when to let go? | Yes | No |
| 24. Do you often know the difference between what is within your control and what is beyond your control? | Yes | No |
| 25. Do you have the courage to make drastic changes in your life? | Yes | No |

Scoring Key:

Courage:

17 20 21 25

Self-knowledge:

2 3 4 7 13 18 19

Understanding life, others, and the human condition:

1 6 10 11 16 22 24

Problem solving:

5 8 9 12 14 15 23