

BUSINESS WELLNESS™ SELF-ASSESSMENT

Please read each question and circle the response describing your current situation

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|---|--------|
| 1. Are you activated with at least two individuals activated and on Transfer Buy? | Yes No |
| 2. Are you using more than three Health & Nutrition products daily? | Yes No |
| 3. Do you have a current (30 days) Goal Statement? | Yes No |
| 4. Have you attended a NMTSS event within the last 60 days? | Yes No |
| 5. Have you taken at least one guest to a NMTSS event within the last 30 days? | Yes No |
| 6. Do you use a To Do List and calendar consistently? | Yes No |
| 7. Do you believe other people are luckier than you? | Yes No |
| 8. Do you have at least one business associate you talk with at least twice per week? | Yes No |
| 9. Have you purchased your ticket to the upcoming International Convention? | Yes No |
| 10. If not attending a major event, have you made arrangements for someone to call or email you with daily updates? | Yes No |
| 11. Do you consistently (each week) work at least eight hours on your business? | Yes No |
| 12. Do you have at least 10 “real” Preferred Customers? (monthly orders) | Yes No |
| 13. Do you sometimes feel as if “selling” is beneath you? | Yes No |
| 14. Are there times when you’re embarrassed to tell someone about your business? | Yes No |
| 15. Have you approached at least 3 new prospects within the last 5 days? | Yes No |
| 16. Did you submit your annual renewal before the end of December? | Yes No |
| 17. Is your web portal set up and do you have ecommerce? | Yes No |
| 18. Have you designated your IBV center? | Yes No |
| 19. When prospecting & recruiting do you use system tools consistently? | Yes No |
| 20. Have you purchased a new career manual? (Edition 8.0) | Yes No |
| 21. Do you have a current GSAG? (Sep 05, #391) | Yes No |
| 22. If you have an organization, do you have regular (weekly) corings? | Yes No |

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| 23. Have you taken the Nutriphysical or Gene SNP? | Yes No |
| 24. If you have taken the Nutriphysical or Gene SNP, have you ordered the products? | Yes No |
| 25. Do you have at least three follow-up actions scheduled for next week? | Yes No |
| 26. Have you taken the Basic 5 Diagnostic test within the last six months? | Yes No |
| 27. Have you purchased the Success from Home magazine? | Yes No |
| 28. Are you using the ABC pattern to ensure empowerment & duplication? | Yes No |

Give yourself 2 points for each Yes response and total your score. The total _____ is your Business Wellness Quotient™. The higher the number the more your behavior is aligned with achieving your business goals.

39 to 48: You are keenly aware of the importance of belief in yourself, and you have made the commitment to using system tools to achieve your goals. Stay focused; the best is yet to be.

26 to 38: You are reasonably aware of the importance of using system tools. Further self-assessment may be necessary to help you maximize your potential.

13 to 25: You appear to have limited awareness of the importance of making the commitment to ongoing tasks, in order to achieve your goals. You may benefit from an in-depth assessment of your personal circumstances, and individual goals.

1 to 12: You appear to have significant challenges embracing the level of commitment necessary to achieve success with this particular system. You may want to revisit the goals you set for yourself and your willingness to make the changes necessary to achieve those goals.