

## Searching for Superman: Well-Being Quiz

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Please circle/underline the response that best describes you.

1. Taking all things together, how happy would you say you are.  
Often Miserable    Often Unhappy    Average    Happy Much of the Time    Extremely Happy
2. I love learning new things.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
3. I generally feel that what I do in my life is valuable and worthwhile.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
4. In general, I feel very positive about myself.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
5. I'm always optimistic about my future.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
6. When things go wrong in my life, I get back to normal fairly quickly.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
7. There are people in my life who really care about me.  
Strongly Disagree    Moderately Disagree    Slightly Disagree    Slightly Agree    Moderately Agree    Strongly Agree
8. I read my Bible at least 4 times a week.    True    False
9. My total indebtedness is a mortgage plus...  
Greater than \$20,000    Less Than \$15,000    Less Than \$10,000    Less than \$5,000    Less than \$2,000    \$0
10. My Abdomen is less than 37.5 inches    True    False    I Don't Know
11. My Systolic Blood Pressure is under 130    True    False    I Don't Know
12. My Diastolic Blood Pressure is under 85    True    False    I Don't Know
13. My High Triglycerides are less than 150    True    False    I Don't Know
14. My Low HDL is greater than 40    True    False    I Don't Know
15. My Fasting Blood Sugar is less than 99    True    False    I Don't Know
16. My Body Mass Index (BMI) is under 25    True    False    I Don't Know  
[http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

17. My Marriage is currently...

Wish I wasn't    Often Unhealthy/Unhappy    Average    Healthy/Happy Much of the Time    Extremely Healthy/Happy

18. The Parenting Journey for me is currently...

Wish I wasn't    Often Unhealthy/Unhappy    Average    Healthy/Happy Much of the Time    Extremely Healthy/Happy

## Searching for Superman: Finding Your True Self

Suggestions to improve things if you are low on #...

1. Go Tandem Free Bible App, Philippians 4:6-9, Gratitude Exercise, Volunteer and do Charitable and Helping-Others Activities, Improve Physical/Mental/Relational/Spiritual/Financial Health (PMRSF Health), Get a Coach/Counselor, Manage Anxiety and Addictions, *The Snowball Effect* by Kristin Cuthriell for sale today at Eden Counseling and Consulting Exhibit Table, Galatians 5
2. Go Tandem, Volunteer, Read/Listen, Use Media Selectively, Talk to Interesting People, Take a Class
3. Counseling/Coaching to increase self-knowledge and clarify your calling, Volunteer, Ask those around you how you can be more engaged and helpful. *The Snowball Effect* by Kristin Cuthriell, *The Gift of Being Yourself* by David Benner, Go Tandem Free Bible App
4. Counseling/Coaching, *The Snowball Effect* by Kristin Cuthriell for sale today, *The Gift of Being Yourself* by David Benner, Go Tandem, Study God's love and Christ's sacrifice, Go Tandem, PMRSF Health
5. Go Tandem, PMRSF Health, Coaching/Counseling, Jeremiah 29:11-13, James 1.
6. PMRSF Health, Coaching/Counseling, Go Tandem, Bible study on value of suffering i.e. James 1
7. Also #17 and #18 - Volunteer for a good cause with family or friends, *Getting to Know You* relationship card decks for sale today, *The Incredible Years* (ages 3 to 8), *Winning Cooperation from Your Child* (oppositional children ages 3 to 8), books on marriage/family/friendship and shame/forgiveness, Go Tandem, Coaching/Counseling, Develop a "Cord of 3 Strands" Ecclesiastes 4:9-12, Ephesians 4
8. Go Tandem Free Bible App
9. Cut something out so you can increase debt reduction, smallest debts first to gain satisfaction, highest interest first, Coaching/Counseling, Do you have a spending/buying/financial risk taking addiction?
10. 10 through 16 - Get a Physical for "I Don't Know" answers
  - a. Exercise every day that you eat
  - b. Nothing white or made with white (sugar, white flour, etc.)
  - c. Small plate, wait 20 minutes for seconds
  - d. Coaching/Counseling
  - e. Anti-Inflammation Diet (Hard Core) Managing Insulin and PH
    - i. No Wheat, Sugar or Dairy – Protein mostly Seeds and Nuts – Only Animal Protein is Fish
    - ii. Raw fruits and vegetables as much as possible
    - iii. Cook only with water (prefer steam and slow cooker, boil as little as possible)