Life Intelligence Test (LQ)

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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.

1. Do you have a philosophy of life on how you should 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
18. Do you feel comfortable with new ideas and new experiences?  

19. Are you able to identify and correct self-defeating illusions?  

   Do you see yourself consistently as a worthwhile person regardless of the circumstances?  

20. Are you willing to revise your self-concept in view of new experiences?  

21. Do you have the courage to be yourself?  

   Are you a pretty good judge of character, knowing who is your friend and who is your foe?  

22. Do you usually know when to hang on and when to let go?  

   Do you often know the difference between what is within your control and what is beyond your control?  

23. Do you have the courage to make drastic changes in your life?
## Life Intelligence Test: Scoring Key

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Courage (4 items)</strong></td>
<td>17, 20, 21, 25</td>
</tr>
<tr>
<td><strong>Self-Knowledge (7 items)</strong></td>
<td>2, 3, 4, 7, 13, 18, 19</td>
</tr>
<tr>
<td><strong>Understanding Life, Others, and the Human Condition (7 items)</strong></td>
<td>1, 6, 10, 11, 16, 22, 24</td>
</tr>
<tr>
<td><strong>Problem Solving (7 items)</strong></td>
<td>5, 8, 9, 12, 14, 15, 23</td>
</tr>
</tbody>
</table>